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**Tuesday**



Rescuers help stranded people in New Jersey.

**Soaked Coast:** Nor'easter leaves swath of devastation | **3**

**Cabinet Revolt:** Loyalist to radical cleric quit Iraq posts | **7**



**Playoff Push:**  
Can the Wiz make it far enough to get Butler back? | **19**

## ENTERTAINMENT

**New Metal:**  
Linkin Park turns away from rap metal on its upcoming album 'Minutes to Midnight.' Also, 'Little Pink Slips.'

>> **11-14**



**Weather >> Partly Sunny**



**56 | 40**

FULL FORECAST ON PAGE 34

# MASSACRE AT VIRGINIA TECH

33 dead in worst shooting rampage in U.S. history | **5**



**MAYHEM:** An injured occupant is carried out of Virginia Tech's Norris Hall on Monday after a gunman opened fire there two hours after beginning his rampage.

**SCARES | Caller ID Saves Lives** Worried Afghans switched off their mobile phones Monday as rumors spread that a deadly virus could be contracted by answering calls from "strange numbers." The Afghan Wireless Communication Company said hun-



dreds of calls were received from worried customers. "There's a strange rumor that if you get a phone call from a strange number, if you hit 'OK' [to answer the phone], blood will come from your nose and ears, and you will die," said Mar, a taxi driver. (AP) **EyeOpeners** | Page 2



# eyeOpeners

## SCREENING TESTS

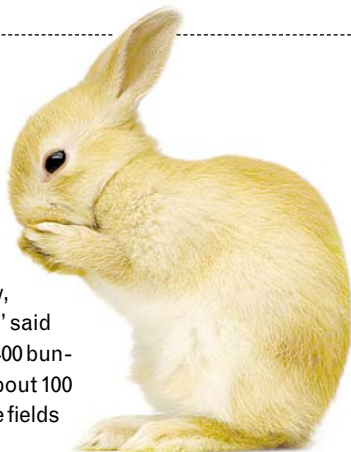
### 'Now, Sing 'In Your Eyes' Backward'

Students at one Iowa Catholic high school are being tested to make sure they are not DUI — dancing under the influence. Officials at Wahlert High School said students will have to undergo a breath test before they are admitted to any school-sponsored dances for the rest of this school year, including the May 5 prom — an annual tradition for graduating students. "Our goal is to do what we can do to ensure that our events are alcohol-free," Principal Don Sisler said. "It's a big step, but it's a real simple one." (AP)

## WILDLIFE

### 1 in 50 Rabbits Not Incredibly Stupid

A truck carrying 5,000 rabbits to a slaughterhouse overturned on a major Hungarian highway Monday. "Most of them were hopping around the freeway, but some stayed in their broken cages," said a highway spokesperson. By midday, 4,400 bunnies had been caught and removed. About 100 of them eluded capture, hopping into the fields surrounding the highway. (AP)



CHRISTOPHE ENA/AP

## DEAD THINGS

### Skeletal Beauty

If you were looking for the skeleton of a prehistoric mammoth, Monday was your day to buy. Christie's auction house in Paris sold one for \$421,200 — a world record. The buyer was a European who collects contemporary art and 19th-century furniture. The mammoth sale was one of a dozen world records set during Monday's auction of paleontological curiosities, which brought in a total of more than \$1.53 million. (AP)

## HOT

### A Cleansing Flame

Japan's leading toilet maker, Toto Ltd., is offering free repairs for 180,000 bidet toilets after wiring problems caused

several to catch fire, the company said Monday. The electric bidet accessory of Toto's Z series caught fire in three separate incidents between March 2006 and March 2007, according to company spokeswoman Emi Tanaka. The bidet

sent up smoke in 26 other incidents, the company said. "Fortunately, nobody was using the toilets when the fire broke out, and there were no injuries," Tanaka said. "The fire would have been just under your buttocks." (AP)

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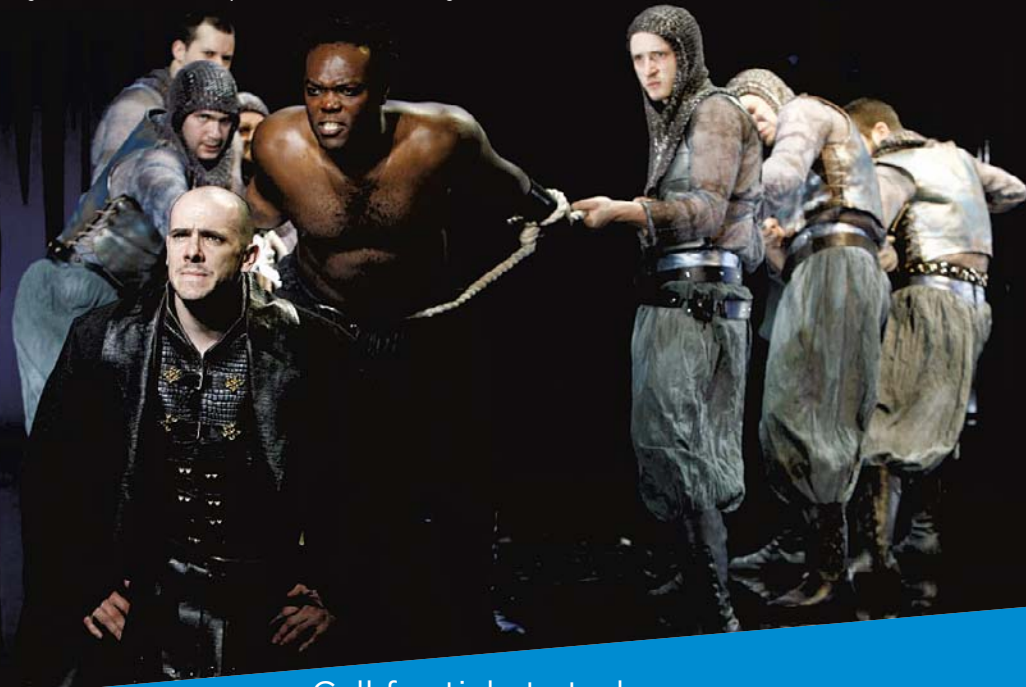
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3.8

The total number of hours, in billions, Americans are estimated to have spent doing taxes this year, according to the National Taxpayers Union. The advocacy group calculated the estimate using IRS report forms.

## Nation

## In Brief



DAVID GARDIA/AP

Dr. Robert Ostrum speaks about the condition of N.J. Gov. Jon Corzine.

## CAMDEN, N.J.

### Corzine Remains in Critical Condition After Operation

New Jersey Gov. Jon S. Corzine on Monday underwent another operation on the leg he broke in a high-way crash that left him in critical condition. The surgery at Cooper University Hospital, performed to clean out the 6-inch wound created when his left femur broke, was “uneventful,” said Andrew Poag, a spokesman for the governor. Corzine remains in critical but stable condition. (AP)

## NEW ORLEANS

### Katrina Victim Wins Suit Against Allstate Insurance

Allstate Insurance Co. must pay a Louisiana man who lost his home to Hurricane Katrina more than \$2.8 million in damages and penalties, a federal jury decided Monday in a case that hinged largely on whether it was wind or a storm surge that wiped out his house. The jury found Allstate did not pay Robert Weiss enough money to cover wind damage to his home. (AP)

# Record Storm Pounds Northeast

## Nor'easter is blamed for 11 deaths; flooding reported across region

CROTON-ON-HUDSON, N.Y. | A menacing spring storm punished the Northeast for a second straight day Monday, dumping more than 8 inches of rain on Central Park and sending refrigerators and pickup trucks floating down rivers in one of the region's worst storms in recent memory.

“This one is really a horror show,” Gov. Eliot Spitzer said after touring hard-hit areas north of New York City.

The nor'easter left a huge swath of devastation, from the beaches of South Carolina to the mountains of Maine. It knocked out power to hundreds of thousands of people and was blamed for at least 11 deaths nationwide.



ROBERT F. BUKATY/AP

Ryan Libby wades across a flooded parking lot in Scarborough, Maine, after retrieving lobster traps that floated away from his boat during the severe storm.

The storm showed no immediate sign of letting up. The National Weather Service predicted showers through Wednesday night in

the New York City area, with rain mixed with snow at times.

The storm was especially harsh in the Westchester County suburbs

north of New York City and in New Jersey, where the state was placed under a state of emergency and more than 1,400 residents were evacuated — many by boat.

“We have incredible amounts of damage,” said Steve Costello, a spokesman for Central Vermont Public Service, describing power lines brought down by gusts of wind. “I’ve never seen anything like it.”

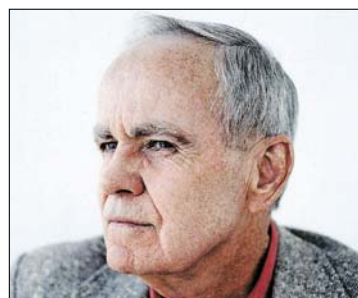
New Jersey authorities called it the worst storm to hit the state in 15 years. Five homes burned down in one town after fire crews could not reach the buildings because of floodwaters.

“There was debris flowing down the river like you wouldn’t believe — refrigerators, I mean, you name it, it was going down the river,” said homeowner John Vitro, whose basement at one point had water 5 feet high. DAVID BAUDER (AP)

# Pulitzer Prize Winners Announced

## Cormac McCarthy, Ornette Coleman are among the recipients

NEW YORK | Two masters of the arts world finally won Pulitzers on Monday, with 73-year-old novelist Cormac McCarthy receiving the fiction prize for “The Road” and 77-year-old saxophonist Ornette Coleman honored in music for “Sounder



DEREK SHAPTON/AP

Renowned author Cormac McCarthy won his first Pulitzer Prize on Monday.

Grammar,” a live recording.

It was the first Pulitzer for McCarthy, widely praised as an heir to William Faulkner for such novels as “All the Pretty Horses” and “Blood Meridian.” Coleman, inventor of free jazz and often compared in importance to Louis Armstrong and Charlie Parker, became only the second jazz artist to win a competitive Pulitzer.

Lawrence Wright’s “The Looming

Tower,” a best-selling investigation of the Sept. 11, 2001, attacks, won for general nonfiction. Wright, a staff writer for the New Yorker, is author of “Twins” and “In the New World.”

The history prize went to Gene Roberts’ and Hank Klibanoff’s “The Race Beat: The Press, the Civil Rights Struggle, and the Awakening of a Nation.”

The Pulitzer for biography went to Debby Applegate’s book on 19th-century minister and abolitionist Henry Ward Beecher, “The Most Famous Man in America.” (AP)

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"Schools should be places of safety, sanctuary and learning. When that sanctuary is violated, the impact is felt in every American classroom."

— President Bush, who said the nation grieves with those who lost loved ones at Virginia Tech Monday

## Nation

# Shooting Spree Leaves 33 Dead

Unidentified gunman reportedly kills self after violent rampage

BLACKSBURG, VA. | A gunman massacred 32 people at Virginia Tech in the deadliest shooting rampage in modern U.S. history Monday, cutting down his victims in two attacks two hours and a half-mile apart.

The bloodbath ended with the gunman committing suicide, bringing the death toll to 33.

"I'm really at a loss for words to explain or understand the carnage that has visited our campus," Virginia Tech President Charles Steger said.

Investigators offered no motive for the attack. The gunman's name was not immediately released, and it was not known whether he was a student.

Wielding two pistols, the gunman opened fire about 7:15 a.m. at West Ambler Johnston, a coed dormitory, then stormed Norris Hall, a classroom building on the other side of the 2,600-acre campus, chaining the doors behind him to keep anyone from escaping.

Two people died in a dorm room, and 31 others were killed in Norris Hall, including the gunman, who put a bullet in his head. At least 26 people were hurt, some seriously.

Students jumped from windows in panic. Young people and faculty members carried out some of the wounded themselves, without waiting for ambulances to arrive. Many found themselves trapped behind the chained and padlocked doors. SWAT team members with helmets, flak jackets and assault rifles swarmed over the campus. A student used his cell phone camera to record the sound of bullets echoing through a stone building.

Trey Perkins, who was sitting in a German class in Norris Hall, told The Washington Post that the gunman barged into the room at about 9:50 a.m. and opened fire for about a minute and a half, squeezing off 30 shots in all.

The gunman, Perkins said, first shot the professor in the head and then fired on the students. Perkins



Law enforcement officers take up positions on Clay Street on the Virginia Tech campus on Monday. At least 32 students died in the shooting attack and 26 were injured.



Virginia Tech freshman Ryan Fowler, second from right, hugs his dad, Tim, of Mt. Airy, Md., as his mother, MaryEllin, left, hugs another student near the campus.

said the gunman was about 19 years old and had a "very serious but very calm look on his face."

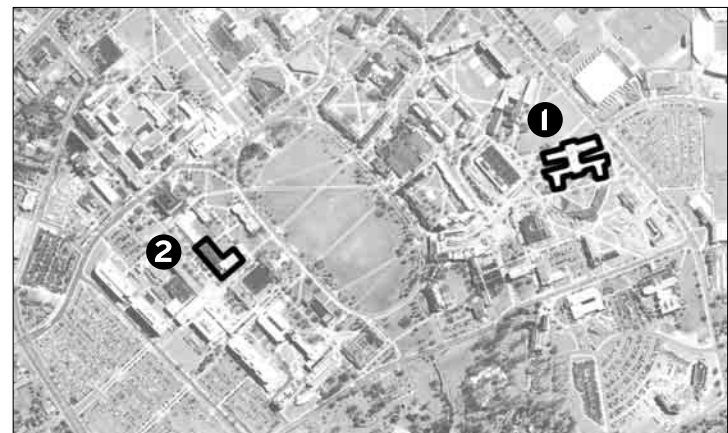
"Everyone hit the floor at that moment," said Perkins, 20, of Yorktown, Va., a sophomore studying mechanical engineering. "And the shots seemed like it lasted forever."

Students bitterly complained that there were no public-address

announcements on campus after the first shots. Many said the first word from the university was an e-mail more than two hours into the rampage — around the time the gunman struck again.

"I think the university has blood on their hands because of their lack of action after the first incident," said Billy Bason, 18, who lives on

## VIRGINIA TECH CAMPUS



**1 7:15 A. JOHNSTON HALL** 2 killed in dormitory **2 9:50 NORRIS HALL** At least 30 killed

the seventh floor of the dorm.

Steger defended the university's handling of the tragedy, saying authorities believed that the shooting at the dorm was a domestic dispute and mistakenly thought the gunman had fled the campus.

"We had no reason to suspect any other incident was going to occur," he said.

A law enforcement official, speaking on condition of anonymity because the investigation was incomplete, said the gunman had two pistols and multiple clips of ammunition.

Until Monday, the deadliest

mass shooting in modern U.S. history was in Killeen, Texas, in 1991, when George Hennard plowed his pickup truck into a Luby's Cafeteria and shot 23 people to death and then himself.

The massacre Monday took place almost eight years to the day after the Columbine High School shooting. On April 20, 1999, two teenagers killed 12 fellow students and a teacher before taking their own lives.

After the shootings, all entrances to the Virginia Tech campus were closed. The university set up a meeting place for families to reunite with their children. SUE LINDSEY (AP)



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## World

### In Brief



Mandla Mandela, 32, is installed as head of the Mvezo Traditional Council.

#### MVEZO, SOUTH AFRICA **Mandela's Grandson Assumes Leadership Post**

The grandson of former South African President Nelson Mandela on Monday reclaimed a traditional leadership post that Mandela had renounced decades ago to become a lawyer and to dedicate his life to fighting apartheid. Mandla Mandela, 32, was draped in a lion skin, the symbol of royalty, and officially installed as head of the Mvezo Traditional Council by the king of the AbaThembu, Zwelibanzi Dalindyebo, one of six kings of the Xhosa people. (AP)

#### LONDON **Britain Set to Investigate Detention of Sailors in Iran**

Britain will hold an inquiry into the seizure and detention of 15 British sailors by Iran and the military's decision to allow the crew to sell their stories to the media, the defense secretary said Monday. The six-week inquiry will look into the sailors' operation in the Persian Gulf and how the crisis was handled, said Defense Secretary Des Browne, who said he should have overruled the decision to allow the crew to sell their stories after their release. (AP)

#### SEOUL, SOUTH KOREA **S. Korea Steps Up Pressure On N. Korea Over Reactor**

South Korea may suspend rice shipments to North Korea to ratchet up pressure on the North to comply with its nuclear disarmament pledges after it missed a deadline to shut an atomic reactor. "We can't just ignore and do nothing if... North Korea doesn't take initial steps" to disarm, an unnamed South Korean official said Monday. (AP)

# Al-Sadr Loyalists Quit Iraq Cabinet

## Military reports the deaths of 7 more U.S. soldiers in recent days

**BAGHDAD** | Cabinet ministers loyal to radical cleric Muqtada al-Sadr quit the government Monday, severing the powerful Shiite religious leader from the U.S.-backed prime minister and raising fears al-Sadr's Mahdi Army militia might again confront American troops.

The U.S. military reported the deaths of seven more American ser-

vice members: three soldiers and two Marines on Monday and two soldiers on Saturday.

In the northern city of Mosul, a university dean, a professor, a policeman's son and 13 soldiers died in attacks bearing the signs of al-Qaeda in Iraq. Nationwide, at least 51 people were killed or found dead, and the U.S. military reported two soldiers slain in Baghdad.

The political drama in Baghdad was not likely to bring down Prime Minister Nouri al-Maliki's government, but it highlighted growing

demands among Iraqi politicians and voters that a timetable be set for a U.S. troop withdrawal — the



al-Sadr

reason al-Sadr gave for the resignations.

The departure of the six ministers also was likely to feed the public perception that al-Maliki is dependent on U.S. support, a position he spent months trying to avoid. Late last year he went so far as to

openly defy directives from Washington about legislative and political deadlines.

In an appearance with families of military veterans, President Bush said he had spoken with al-Maliki. "He said, 'Please thank the people in the White House for their sacrifices, and we will continue to work hard to be an ally in this war on terror,'" Bush said. QASSIM ABDUL-ZAHRA (AP)

**Each one hurts:** U.S. soldiers grapple with rising death totals in Baghdad. | **Today's Post, A Section**

### VENEZUELA | CHAVEZ LAUNCHES ENERGY SUMMIT



**GROUND BREAKING:** From left, Bolivia's President Evo Morales, Paraguay's President Nicanor Duarte, Brazil's President Luiz Inacio Lula da Silva and Venezuela's President Hugo Chavez shovel cement at a new oil plant in Barcelona, Venezuela, Monday. The leaders began an energy summit, with Chavez trying to derail a U.S.-Brazil ethanol agreement.

## French Warned the CIA Before 9/11

**PARIS** | Nine months before al-Qaeda slammed airliners into the World Trade Center, French intelligence suspected the terror network was plotting a hijacking — possibly involving a U.S. airline — and warned the CIA, former French intelligence officials said Monday.

But the French warning hinted at a plot in Europe, not the United States, and there was no suggestion of suicide attacks or multiple planes. One former official said al-Qaeda may have leaked misinformation to divert intelligence agencies from the bigger, deadlier plot to come on Sept. 11, 2001.

The warning was another example of how intelligence agents sensed al-Qaeda was hard at work in the months leading up to Sept. 11 but were unable to piece together fragmented warnings into a coherent plot.

Le Monde first reported the story Monday as it published excerpts of 328 pages of classified documents from France's main foreign intelligence agency, the DGSE. (AP)

## Sudan OKs U.N. Force In Darfur

### Government allows attack helicopters and 3,000 peacekeepers

**UNITED NATIONS** | Sudan on Monday accepted the deployment of U.N. attack helicopters and 3,000 peacekeepers in Darfur, the first time it has allowed a significant injection of U.N. forces to help African troops struggling to bring peace to the region.

Sudanese Foreign Minister spokesman Ali Sadiq said Khartoum has accepted the so-called "second package" that outlines the deployment — including the attack helicopters. The Sudanese government, however, had resisted a U.N. force in the past and frequently reversed position after appearing to agree to a peacekeeping mission.

The United States had held off on imposing sanctions against Sudan to allow time for the government to decide to accept the U.N. plan, under which a joint force of U.N. and African Union peacekeepers would be deployed in Darfur.

A State Department spokesman said the announcement left much to be desired and omitted several key provisions that would allow the force to operate effectively and efficiently. EDITH M. LEDERER (AP)



## World

25

The percentage of women in Mauritania — a barren, dune-enveloped country more than twice the size of Texas — who are obese, according to the World Health Organization. The country has begun an ad campaign to fight obesity.

# Court Opens Up Nigerian Election

Judges strike down ban on vice president running for top office

ABUJA, NIGERIA | Nigeria's Supreme Court ruled Monday that the country's vice president, who had fallen out with the president and his powerful party, should be allowed to run for president, throwing the race into disarray only days before the vote.

The decision in favor of Vice President Atiku Abubakar came

after violence and fraud charges during weekend state elections underlined questions about the state of democracy in Africa's most populous country.

"I have always said I will run," Abubakar told reporters.

Saturday's election should set up the country's first handover of power between elected civilians since its independence from Britain in 1960. But Nigeria's democratic experiment could be imperiled if its 62 million voters see the ballot-



Nigerian Vice President Atiku Abubakar was allowed into Saturday's election.

ing as tainted.

Judge Umaru Katsina Alu, reading a unanimous judgment from the seven-judge panel, struck down an earlier appeals court decision that said the electoral commission had the right to vet and disqualify candidates from the race.

The commission had barred Abubakar after an executive panel established by President Olusegun Obasanjo said Abubakar stole government funds. Abubakar denies the allegations. BASHIR ADIGUN (AP)

## German Official Condemns Video

BERLIN | The Defense Ministry said Monday an army instructor's order to a soldier to imagine being accosted by blacks in New York's Bronx borough while firing a machine gun was "absolutely unacceptable." A video of the incident, which the army said it is investigating, aired on German television Saturday and prompted calls for an apology by the Bronx borough president. Defense Ministry spokesman Thomas Raabe condemned the episode but said he believed it was an isolated case. (AP)

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## Local

# D.C. Rallies Through Rain

Residents and officials come together to march for full representation

WASHINGTON | A steady light rain and fierce winds did not dissuade about 2,000 demonstrators who marched to the Capitol on Monday in demand of full representation in the U.S. House for the District of Columbia.

D.C. police do not give out crowd estimates, but Lt. Erik Gaull said "there were a lot of people. A whole lot, if you consider the weather."

"We're going to use the wind to put it behind our backs and propel us forward," said Ilir Zherka, executive director for DC Vote, an advocacy group that has led years of efforts to get D.C. full representation in Congress.

The group marched a half-mile down Pennsylvania Avenue from City Hall to the Capitol Reflecting Pool for an abbreviated rally, which dissipated after about 20 minutes.

Alex Casciotti, a 19-year-old



Council Chairman Vincent Gray, left, D.C. Delegate Eleanor Holmes Norton, middle, and D.C. Mayor Adrian Fenty march from Freedom Plaza on Monday.

District resident, took the day off from his retail job to join the rally. "I would really, really love to have representation in our political system," he said.

"How are we supposed to promote these values overseas if we're not enacting those values at home?" said Yana Jaffe, 19, an

American University student and D.C. resident. Voting rights advocates picked Monday for the march because it was Emancipation Day in the District.

The holiday commemorates President Abraham Lincoln's 1862 declaration that freed more than 3,100 slaves in the nation's capital. (AP)

## The Lotteries

Monday, April 16

### DISTRICT

Mid-day Lucky Numbers	2-5-6
Evening Lucky Numbers	3-5-4
Mid-day DC 4	7-4-3-4
Evening DC 4	9-4-6-5
Rolling Cash Five	11-25-22-1-15
Daily 6	35-1-39-9-27-25 Bonus: 7

### MARYLAND

Mid-day Pick 3	3-7-4
Evening Pick 3	7-9-1
Mid-day Pick 4	5-0-4-8
Evening Pick 4	6-5-8-6
Match 5	4-8-9-10-34 Bonus: 2

### VIRGINIA

Mid-day Pick 3	2-6-1
Evening Pick 3 (Sun.)	4-2-6
Mid-day Pick 4	0-8-2-8
Evening Pick 4 (Sun.)	5-4-9-5
Mid-day Cash 5	3-8-18-21-25
Evening Cash 5 (Sun.)	8-23-25-27-31

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

## Day Laborer Center Opens in Gaithersburg

Despite opposition, trailer for area job seekers is inaugurated

A stormy three-year effort to establish a sanctioned gathering place for job-seeking day laborers in Gaithersburg came to an apparent tranquil end yesterday in a double-wide trailer just outside city limits.

After months of protests, counter-marches and threats of arrests, a few dozen Latino men and women quietly inaugurated the new Montgomery County-sponsored day-labor center with coffee, croissants and a notable lack of dissent.

Earlier this year, County Executive Ike Leggett bypassed the city government and provided a chunk of county land off of Shady Grove Road as a site. "This is a good tem-



Walter Bonilla waits for a van to take him to a painting job in Annapolis, Md.

porary solution," Leggett said in a phone interview.

"I hope and believe that we will continue to operate in a matter that both respects the dignity of those seeking work and addresses the concerns of the residents."

STEVE HENDRIX (THE WASHINGTON POST)

If you are a woman between the ages of 45 and 65 and have not had a period for 12 consecutive months

You may qualify to participate in a clinical trial to evaluate the safety and effectiveness of an investigational medication to lower a high normal blood pressure.

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## Money

# Sallie Mae Agrees to Sale

Reston-based group  
to gain largest student  
lender in U.S. for \$25B

WASHINGTON | A group of investors announced plans Monday to buy Sallie Mae, taking the nation's largest student lender in a \$25 billion deal that comes as some regulators call for tougher standards and lower federal subsidies for the \$85 billion college loan industry.

Private-equity firm J.C. Flowers & Co. and three other investors will pay \$60 per share for Reston, Va.-based SLM Corp., commonly

referred to as Sallie Mae. The sale price represents a nearly 50 percent premium for Sallie Mae's previously sagging stock before takeover rumors emerged late last week.

SLM shares traded up nearly 18 percent on the New York Stock Exchange after the buyout was announced Monday.

J.C. Flowers and private-equity firm Friedman Fleischer & Lowe will invest \$4.4 billion and own 50.2 percent of the company.

Bank of America and JPMorgan Chase each will invest \$2.2 billion and each will own 24.9 percent. The buyers will also provide Sallie Mae with

\$200 billion in backup financing. John Oros, a managing director at J.C. Flowers, said the firm was drawn by Sallie Mae's stock price, which had fallen to around \$40 per share before takeover talks began.

The investors also weren't deterred by the brewing troubles for lenders and the prospect of a clampdown on the industry by lawmakers.

"We think Sallie Mae is a great company and a great business, and appropriate regulation will sort itself out in a way that will make this an attractive transaction for us," Oros said. STEPHEN MANNING (AP)

## Barbie Can't Buy a Date in the U.S.

Doll isn't feeling the  
love at home, but sales  
stay strong overseas

LOS ANGELES | These days, Barbie's getting most of her love outside the U.S.

Domestic sales of the classic fashion doll plunged 21 percent in the first quarter, Mattel Inc. said Monday in its earnings report.

The drop followed four consecutive quarters in which Mattel saw U.S. demand increase for its flag-



MARK LEHNHART/AP

Sales of Barbies plunged 21 percent in the first quarter of 2007, Mattel reported.

ship brand.

Outside the U.S., Barbie's popularity kept surging, offsetting the domestic decline and translating into 2 percent growth in worldwide sales for the brand in the most recent quarter, Mattel said.

The world's largest toy maker, based in El Segundo, Calif., reported lower first-quarter profit but beat Wall Street revenue expectations with strong sales, despite the lackluster domestic demand for Barbie.

ALEX VEIGA (AP)

## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Fremont If	8.88	+1.83	+26.0
SLM Cp	55.05	+8.29	+17.7
Nelnet	28.00	+3.55	+14.5
Compz	18.30	+1.83	+11.1
Innkepr	17.96	+1.51	+9.2

#### Losers

FstMarb s	34.60	-9.83	-22.1
EmergBio n	13.08	-1.14	-8.0
Mesab	20.50	-1.53	-6.9
Angelic	26.65	-1.50	-5.3
Theragen	6.16	-.34	-5.2

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	4.865	4.88
2-year	4.73	4.72
10-year	4.73	4.74
30-year	4.89	4.91

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
MDI Inc h	2.15	+.43	+25.0
CdnSolar n	13.50	+2.66	+24.5
EpiCept	2.25	+.39	+21.0
RuriCellA	23.00	+3.98	+20.9
Iomai	4.88	+.10	+2.1

#### Losers

Powell	32.16	-4.83	-13.1
SecAdvTch	3.61	-.51	-12.5
GrillCon	8.02	-1.06	-11.7
OptiBkHld	9.10	-1.10	-10.8
Biolmaging	6.32	-.73	-10.4

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5025	.5033	.5708
Canadian Dollar	1.1312	1.1369	1.1510
European Euro	.7381	.7386	.8256
Japanese Yen	119.79	119.12	118.60
Mexican Peso	10.9919	10.9922	11.0920
Taiwanese Dollar	33.26	33.14	32.43

### DOW NASDAQ S&P 500

+108.33	+26.39	+15.62
+0.86	+1.06	+1.08
12720.46	2518.33	1468.47

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	59.65	+.62	-12.7
Amylin	41.94	+1.93	+16.3
BiogenIdc	45.46	-.11	-7.6
Celgene	57.73	-.25	+.3
ChRvLab	48.10	-.02	+11.2
Genentech	81.17	-.16	...
Genzyme	63.12	+.58	+2.5
GileadSci	79.70	+1.28	+22.7
Imclone	41.60	+1.05	+55.5
Invitrogn	66.92	+.40	+18.3
MedImun	45.44	+1.25	+40.4
MillPhar	11.71	+.13	+7.4
PDL Bio	24.22	-.10	+20.3
QIAGEN	18.09	+.08	+19.6
VertexPh	29.93	-.23	-20.0

**GENRE AND GENDER HOPPING:** Columbia Records' Music With a Twist is the first major label dedicated to lesbian, gay, bisexual or transgendered artists. It's signed several bands, including garage rockers the Gossip — singer Beth Ditto's at right — and hip-hoppers God-Des & She.



## Entertainment



**BREAKING THE HABIT:** Linkin Park has refined, not abandoned, its metal-rap sound on its new CD, "Minutes to Midnight."

# It's New, Not Nu

**Linkin Park is set to tear down the genre it helped popularize**

**START OVER** | Linkin Park's new midtempo rocker "What I've Done" may sound familiar when you hear it blaring from radios. The track boasts the impassioned singing and thick wall of guitars that marked the group's past hits. But a lot has

changed since the last time Linkin Park graced the airwaves.

Indeed, it has been four years since "Metemora" dominated the charts. The 5-million-album-selling monster's track list now reads like an "Idiot's Guide to Programming a Rock Radio Station," with such No. 1's as "Somewhere I Belong," "Faint," "Numb," "Lying From You" and "Breaking the Habit." Meanwhile, the band's debut, "Hybrid

Theory," has sold more than 9 million copies in the United States since its 2000 release.

On May 15, Linkin Park is releasing "Minutes to Midnight" into a world that has decidedly turned away from the dominant rap-metal sound of the early part of the decade. And between the lengthy layoff, an epic recording schedule, a very public contract dispute, the changing marketplace and the involvement

of producer Rick Rubin, a great many eyes will be watching to see how Linkin Park steps up to the challenge. It should be noted that no one has turned away from rap-metal more than Linkin Park singer Chester Bennington.

"There's still a hip-hop element to us, and there'll always be," he said. "But we've really moved away from anything that sounds like nu-metal. I know that we kind of helped create, I guess, the sound of that genre, but I hate that genre. ..."

"Minutes" was assembled during the past year in Rubin's Laurel Canyon, Calif., mansion. "Rick said, right away, whatever we thought Linkin Park fans wanted to hear, whatever we thought we were labeled ... just to throw it all away. None of it mattered," Bennington recalled.

Rubin also dialed down the band's tendency toward what guitarist-rapper Mike Shinoda called "perfectionism," eschewing overdubs and polishing in favor of a rawer, more live sound. A handful of tracks played for Billboard are proof of the band's wide stylistic ambitions.

Early indicators are that the band's legion of followers still has loyalty left in them. "We were thinking about that last summer — how we were going to reconnect," Bennington said. "And we went and did this show in Japan and sold, like, 50,000 tickets in one night. It felt like we still had that connection. As long as we continue making quality records, we'll always have that connection." **JEFF VRABEL (BILLBOARD)**



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### E.S.T. Swedish Electro-Swing

The Esbjorn Svensson Trio — E.S.T. — is one of the most acclaimed groups in European jazz. The Swedish band plays a particularly melodic and inviting form of jazz, one that draws as much from modern electronica and experimental pop as it does from classic jazz trios like that of Bill Evans. E.S.T.'s latest CD, "Tuesday Wonderland," is another strong example of the trio's jazz-not-jazz sound.

→ *Blues Alley, 1073 Wisconsin Ave. NW; 8 p.m. & 10 p.m., \$25; 202-337-4141.*

### 'COSMIC VOYAGE' + 'TITAN' Space Out

**2** At 6:30 p.m., peep the IMAX film "Cosmic Voyage," which covers scientific theories about the universe. Then grip and grin with planetary scientist Elizabeth P. Turtle at 7:30 p.m. before she discusses Saturn's mysterious moon Titan.

→ *National Air & Space Museum, 4th Street & Independence Avenue SW; 6:30 p.m., free; 202-633-1000. (Smithsonian/L'Enfant Plaza)*

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**3** The Books helped define the sound of "lap-pop": folksy music treated with electronic textures. The band's beautiful music is delicate and refined, but full of subtle surprises because of the detailed production.

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### WHAT'S HAPPENING?

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# The Devil Wears Large Shirts

**'Little Pink Slips' is a thinly veiled swipe at Rosie O'Donnell**

**BOOK** | We can call "Little Pink Slips" a *roman à clef*, or thinly veiled fiction, but let's cut to the chase: This book is about Rosie O'Donnell. Yes, it's fiction. We can't say what's real and what's not in this behind-the-scenes novel about a staid women's magazine taken over by a brash celebrity. But we can say that the

author, Sally Koslow, was the editor in chief of McCall's before it turned into the ill-fated Rosie. And we can say that the brash fictional celebrity, Bebe Blake, has a talk show and likes running her mouth.

Magnolia Gold, the mild-mannered editor of Lady magazine has her world turned upside down when her publisher decides to create a personality-driven magazine for Bebe, modeled after Oprah. The ensuing train wrecks won't come as a surprise to those who followed the real-



Sally Koslow can barely contain her glee about having written her hacky book.

life lawsuit, or O'Donnell's recent personality clashes. Despite the lurid source material, "Little Pink Slips" is light on juice, in part because O'Donnell is no Anna Wintour. She's not the secretive type; what you see is what you get.

Eventually, Bebe pulls out of the magazine and a messy lawsuit ensues. You can't help but agree when the judge declares it a draw. Nobody's a winner here, including the reader.

LISA TOLIN (AP)



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## Special Report solves the "My home isn't selling" problem

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The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – [www.WantItSoldNow.com](http://www.WantItSoldNow.com).

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## Have You Ever Had A Panic Attack?

- Felt as if you were short of breath?
- Felt your heart starting to pound for no reason?
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- Started to shake or sweat without warning?

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### REGAL ENTERTAINMENT GROUP

#### GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
PERFECT STRANGER (R) - ID REQ'D DIG (1230 130) 330 430 630  
DISTURBIA (PG-13) DIG (1210 240) 510 750 1020  
SLOW BURN (R) - ID REQ'D DIG (1200 220) 455 720 1005  
PATHFINDER (R) - ID REQ'D DIG (1205 230) 505 740 1010  
GRINDHOUSE (R) - ID REQ'D DIG (1205 230) 505 740 1010  
THE REAPING (R) - ID REQ'D DIG (1215 245) 520 745 1015  
FIREHOUSE DOG (PG) DIG (1225 250) 525 755  
ARE WE DONE YET? (PG) DIG (1200) 450 715  
BLADES OF GLORY (PG-13) DIG (1230 300) 420 530 700 810 935  
MEET THE ROBINSONS (G) DIG (1205 235) 500 725 955  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1220) 450 715  
SHOOTER (R) - ID REQ'D DIG (115) 410 735 1030  
PRIDE (PG) DIG (1025) 615  
300 (R) - ID REQ'D DIG (100) 415 710 1000  
OC: ARE WE DONE YET? (PG) DIG (215) 930

#### BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
PERFECT STRANGER (R) - ID REQ'D DIG (150 230 430 500) 710  
DISTURBIA (PG-13) DIG (210 445) 720 955  
SLOW BURN (R) - ID REQ'D DIG (200 525) 750 1015  
HOAX (R) - ID REQ'D DIG (120 420) 725 1005  
GRINDHOUSE (R) - ID REQ'D DIG (1235 435) 825 935  
FIREHOUSE DOG (PG) DIG (140 425) 700  
MEET THE ROBINSONS (G) DIG (135 410) 650 925  
JOURNEY FROM THE FALL (R) - ID REQ'D DIG (1255 400) 705 1015  
SHOOTER (R) - ID REQ'D DIG (100 405) 715 1025  
THE NAMESAKE (PG-13) DIG (1240 340) 640 940  
300 (R) - ID REQ'D DIG (115 415) 730 1030

#### BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
PERFECT STRANGER (R) - ID REQ'D DIG (145 430) 730 1015  
DISTURBIA (PG-13) DIG (1220 420) 750 1025  
SLOW BURN (R) - ID REQ'D DIG (1215 420) 715 1020  
PATHFINDER (R) - ID REQ'D DIG (130 400) 745 1015  
GRINDHOUSE (R) - ID REQ'D DIG (230 515) 745 1020  
THE REAPING (R) - ID REQ'D DIG (115 400) 720 1000  
FIREHOUSE DOG (PG) DIG (1215 250 540) 810  
ARE WE DONE YET? (PG) DIG (1230 200 315 445 540) 715 805 945  
BLADES OF GLORY (PG-13) DIG (145 430) 745 1030  
MEET THE ROBINSONS (G) DIG (130 445) 730 1030  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (130 445) 730 1030  
SHOOTER (R) - ID REQ'D DIG (105 355) 650 955  
PRIDE (PG) DIG (1040) 615  
300 (R) - ID REQ'D DIG (340) 655 1005

#### BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 568#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
PERFECT STRANGER (R) - ID REQ'D DIG (130 445) 730 1010  
DISTURBIA (PG-13) DIG (130 440) 745 1015  
SLOW BURN (R) - ID REQ'D DIG (200 430) 600 1010  
PATHFINDER (R) - ID REQ'D DIG (145 415) 715 945  
GRINDHOUSE (R) - ID REQ'D DIG (100 500) 900  
THE REAPING (R) - ID REQ'D DIG (115 400) 720 1000  
FIREHOUSE DOG (PG) DIG (1215 250 540) 810  
ARE WE DONE YET? (PG) DIG (1230 200 315 445 540) 715 805 945  
BLADES OF GLORY (PG-13) DIG (145 430) 745 1030  
MEET THE ROBINSONS (G) DIG (130 445) 730 1030  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (130 445) 730 1030  
SHOOTER (R) - ID REQ'D DIG (105 355) 650 955  
PRIDE (PG) DIG (1040) 615  
300 (R) - ID REQ'D DIG (340) 655 1005

### POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
AQUA TEEN (R) - ID REQ'D DIG (235 455) 720 945  
PERFECT STRANGER (R) - ID REQ'D DIG (220 500) 740 1020  
DISTURBIA (PG-13) DIG (210 450) 730 1010  
PATHFINDER (R) - ID REQ'D DIG (230 505) 735 1005  
REDLINE (PG-13) DIG (255 520) 745 1015  
SLOW BURN (R) - ID REQ'D DIG (215 445) 725 950  
GRINDHOUSE (R) - ID REQ'D DIG (110 510) 810  
THE REAPING (R) - ID REQ'D DIG (120 400) 630 915  
ARE WE DONE YET? (PG) DIG (135 205 410) 635 705 900  
FIREHOUSE DOG (PG) DIG (125 405) 650  
BLADES OF GLORY (PG-13) DIG (200 435) 715 940  
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (150 425) 700 935  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (250)  
SHOOTER (R) - ID REQ'D DIG (130 430) 800  
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (130 430) 800  
300 (R) - ID REQ'D DIG (515) 805  
WILD HOGS (PG-13) DIG (145 415) 645 920  
OC: ARE WE DONE YET? (PG) DIG (440) 940

#### COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
AQUA TEEN (R) - ID REQ'D DIG (1150 230 500) 730 950  
REDLINE (PG-13) DIG (130 420) 715 1010  
PERFECT STRANGER (R) - ID REQ'D DIG (1215 150 250 440 540)  
DISTURBIA (PG-13) DIG (1155 140 240 430 530) 740 1025  
SLOW BURN (R) - ID REQ'D DIG (1230 300 515) 745 1015  
PATHFINDER (R) - ID REQ'D DIG (1130 215 450) 720 1020  
HOAX (R) - ID REQ'D DIG (1250 350) 640 940  
GRINDHOUSE (R) - ID REQ'D DIG (1210 410) 810  
THE REAPING (R) - ID REQ'D DIG (1140 220 510) 800 1035  
FIREHOUSE DOG (PG) DIG (110 340) 630  
ARE WE DONE YET? (PG) DIG (1130 1245 310 400 550) 650 820  
BLADES OF GLORY (PG-13) DIG (1220 320 545) 710 830 1005  
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (100 345) 705 930

#### ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
AQUA TEEN (R) - ID REQ'D DIG (1230 245 500) 800 1015  
DISTURBIA (PG-13) DIG (115 400) 715 945  
PERFECT STRANGER (R) - ID REQ'D DIG (130 415) 730 1030  
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (1130 200 430) 700 930  
PATHFINDER (R) - ID REQ'D DIG (1245 215 500) 745 1015  
SLOW BURN (R) - ID REQ'D DIG (1245 300 515) 800 1030  
GRINDHOUSE (R) - ID REQ'D DIG (1200 400) 800  
THE REAPING (R) - ID REQ'D DIG (1215 245 515) 815 1035  
FIREHOUSE DOG (PG) DIG (1130 145 415) 645  
ARE WE DONE YET? (PG) DIG (1215 230 445) 730 945  
BLADES OF GLORY (PG-13) DIG (1145 200 430) 715 930  
SHOOTER (R) - ID REQ'D DIG (100 445) 745 1035  
300 (R) - ID REQ'D DIG (915) 815  
WILD HOGS (PG-13) DIG (430) 700 930  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1200 215)

### FAIRFAX TOWNE CENTER 10

4110 W OX Road 800-FANDANGO 670#

Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
DISTURBIA - DIGITAL PROJECTION (PG-13) DIG (1215 245 515) 750 1020  
DISTURBIA (PG-13) DIG (1250 410) 710 950  
PERFECT STRANGER (R) - ID REQ'D DIG (1200 1240 230 400 500)  
AQUA TEEN (R) - ID REQ'D DIG (700 740 940 1015)  
SLOW BURN (R) - ID REQ'D DIG (1210 220 440) 725 1000  
GRINDHOUSE (R) - ID REQ'D DIG (1225 250 510) 735 1010  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1220 240 450)  
SHOOTER (R) - ID REQ'D DIG (100 350) 645 945  
FIREHOUSE DOG (PG) DIG (1245 420) 650  
BREACH (PG-13) DIG (930) 930 PM

#### GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
PERFECT STRANGER (R) - ID REQ'D DIG (115 430) 730 1030  
DISTURBIA (PG-13) DIG (130 500) 745 1015  
PATHFINDER (R) - ID REQ'D DIG (100 450) 745 1015  
REDLINE (PG-13) DIG (1245 445) 715 1000  
SLOW BURN (R) - ID REQ'D DIG (100 415) 800 1020  
GRINDHOUSE (R) - ID REQ'D DIG (1230 430) 630  
ARE WE DONE YET? (PG) DIG (110 350) 700 945  
FIREHOUSE DOG (PG) DIG (1250 410) 645  
THE REAPING (R) - ID REQ'D DIG (120 440) 815 1045  
BLADES OF GLORY (PG-13) DIG (1250 415) 715 945 1015  
MEET THE ROBINSONS (G) DIG (1245 400) 645 930  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1240) 615  
SHOOTER (R) - ID REQ'D DIG (1230 400) 800 1045  
300 (R) - ID REQ'D DIG (445) 730 1020  
ARE WE DONE YET? (PG) DIG (110 350) 700 950  
FIREHOUSE DOG (PG) DIG (1250 410) 645

#### UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
AQUA TEEN (R) - ID REQ'D DIG (115 400) 715 950  
DISTURBIA (PG-13) DIG (100 350) 720 955  
PERFECT STRANGER (R) - ID REQ'D DIG (130 415) 730 1010  
DISTURBIA (PG-13) DIG (130 415) 730 1010  
PATHFINDER (R) - ID REQ'D DIG (145 445) 745 1025  
GRINDHOUSE (R) - ID REQ'D DIG (115 400) 715 1030  
THE REAPING (R) - ID REQ'D DIG (1230) 615  
FIREHOUSE DOG (PG) DIG (200 445) 800 1030  
BLADES OF GLORY (PG-13) DIG (1245 330) 630  
GRINDHOUSE (R) - ID REQ'D DIG (100 345) 700 945  
MEET THE ROBINSONS (G) DIG (145 430) 745 920 1020  
SHOOTER (R) - ID REQ'D DIG (100 345) 700 940  
THE NAMESAKE (PG-13) DIG (315) 920  
WILD HOGS (PG-13) DIG (1230 330) 645 940  
OC: GRINDHOUSE (R) - ID REQ'D DIG (430) 830

#### MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#  
Adv. Tix on Sale SPIDER-MAN 3 (PG-13) ★  
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★  
AQUA TEEN (R) - ID REQ'D DIG (1145 200 420) 745 1010  
PERFECT STRANGER (R) - ID REQ'D DIG (100 350) 720 955  
DISTURBIA (PG-13) DIG (1250 335) 735 1005  
SLOW BURN (R) - ID REQ'D DIG (1210 230 450) 740 1000  
PATHFINDER (R) - ID REQ'D DIG (110 400) 725 945  
GRINDHOUSE (R) - ID REQ'D DIG (1215 415) 820  
THE REAPING (R) - ID REQ'D DIG (1235 320) 700 930  
FIREHOUSE DOG (PG) DIG (105 345) 700  
ARE WE DONE YET? (PG) DIG (1200 220 445) 755 1020  
BLADES OF GLORY (PG-13) DIG (1155 215 435) 705 950 1015  
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (1140 210 440) 715 940  
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1230) 615  
SHOOTER (R) - ID REQ'D DIG (310) 645 935  
PREMONTION (PG-13) DIG (1220) 615  
300 (R) - ID REQ'D DIG (300) 640 925  
WILD HOGS (PG-13) DIG (1245 325) 650 920

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703-998-4AMC

### DIGITAL 3D

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** 1:35, 4:20, 6:55, 9:30

**DISTURBIA (PG13)** / 1:15, 2:45, 4:30, 5:25, 7:30, 8:15, 10:15, 10:45  
**PATHFINDER (R)** / 2:05, 4:45, 7:40, 10:10  
**PERFECT STRANGER (R)** / 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 9:45, 10:45  
**REDLINE (PG13)** 1:45, 4:40, 7:15, 9:50  
**SLOW BURN (R)** / 2:35, 5:10, 7:45, 10:05  
**GRINDHOUSE (R)** 2:10, 6:10, 8:45, 10:10  
**THE REAPING (R)** 2:40, 5:05, 7:35, 10:00  
**ARE WE DONE YET? (PG)** 1:55, 4:35, 7:05, 9:45  
**FIREHOUSE DOG (PG)** 3:20, 6:00  
**BLADES OF GLORY (PG13)** 2:30, 3:00, 4:50, 5:35, 7:20, 8:05, 9:40, 10:35  
**MEET THE ROBINSONS (G)** 3:15, 5:50  
**THE HILLS HAVE EYES 2 (R)** 8:00, 10:20  
**PRIDE (PG)** 1:25, 4:05, 6:50, 9:20  
**REIGN OVER ME (R)** 2:20, 5:10  
**SHOOTER (R)** 1:05, 4:15, 7:25, 10:30  
**TMNT (PG)** 2:10, 4:25  
**PREMONITION (PG13)** 8:20, 10:40  
**300 (R)** 1:20, 4:10, 7:10, 9:55  
**WILD HOGS (PG13)** 6:45, 9:10

**AMC SELECT**  
**AQUA TEEN HUNGER FORCE COLON MOVIE FILM FOR THEATERS (R)** 1:10, 3:25, 5:45, 8:25, 10:35  
**THE NAMESAKE (PG13)** 1:40, 4:55, 7:05, 10:45

**LOEWS GEORGETOWN 14**  
3111 K Street, N.W.  
202-342-6441

### DIGITAL 3D

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** 2:40, 5:10, 7:45, 10:20

**DISTURBIA (PG13)** / 2:20, 4:55, 7:30, 10:05  
**THE HOAX (R)** 1:35, 4:20, 7:25, 10:15  
**PATHFINDER (R)** / 2:05, 4:40, 7:15, 9:45  
**PERFECT STRANGER (R)** / 2:30, 5:15, 8:00, 10:25  
**SLOW BURN (R)** / 2:15, 4:40, 7:10, 9:40  
**GRINDHOUSE (R)** 2:40, 6:45, 9:00  
**THE REAPING (R)** 2:40, 6:45  
**THE REAPING (R)** 1:55, 4:25, 6:55, 9:35  
**ARE WE DONE YET? (PG)** 1:00, 3:25, 5:45, 8:10, 10:20  
**FIREHOUSE DOG (PG)** 1:00, 3:20, 6:00  
**BLADES OF GLORY (PG13)** 2:10, 4:35, 7:00, 9:25  
**REIGN OVER ME (R)** 1:20  
**SHOOTER (R)** 1:50, 4:45, 7:40, 10:25  
**300 (R)** 4:15, 9:50

**AMC SELECT**  
**THE NAMESAKE (PG13)** 2:05, 5:00, 7:55, 10:30

**AMC SPRINGFIELD MALL 10**  
Loisdale and Franconia Road  
703-971-3991

**DISTURBIA (PG13)** / 12:00, 2:30, 5:00, 8:30  
**PATHFINDER (R)** / 4:45, 7:30  
**PERFECT STRANGER (R)** / 5:05, 7:45  
**SLOW BURN (R)** / 5:55, 8:15  
**GRINDHOUSE (R)** 4:30, 8:30  
**THE REAPING (R)** 5:20, 8:00  
**ARE WE DONE YET? (PG)** 12:30, 2:45, 5:15, 7:40  
**FIREHOUSE DOG (PG)** 4:00, 7:00  
**BLADES OF GLORY (PG13)** 1:00, 3:30, 5:45, 8:00  
**MEET THE ROBINSONS (G)** 1:45, 4:30, 7:00

**LOEWS RIO CINEMAS 18**  
9811 Washington Boulevard  
301-948-0906

### DIGITAL 3D

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** 2:15, 4:45, 7:20, 10:00

**DISTURBIA (PG13)** / 12:45, 3:15, 5:45, 8:15, 10:45  
**THE HOAX (R)** 1:20, 4:10, 7:05, 9:50  
**PATHFINDER (R)** / 1:00, 3:30, 6:05, 8:30, 10:50  
**PERFECT STRANGER (R)** / 1:40, 4:20, 7:00, 10:00  
**PERFECT STRANGER (R)** / 1:40, 4:20, 7:00, 10:00  
**REDLINE (PG13)** 12:50, 3:10, 5:35, 8:00, 10:30  
**SLOW BURN (R)** / 12:55, 3:10, 5:30, 8:00, 10:35  
**GRINDHOUSE (R)** 1:00, 5:00, 6:10, 9:00, 9:50  
**THE REAPING (R)** 1:15, 3:45, 6:10, 8:30, 10:50  
**ARE WE DONE YET? (PG)** 2:50, 5:00, 7:20, 9:40  
**FIREHOUSE DOG (PG)** 1:00, 3:30, 6:05  
**BLADES OF GLORY (PG13)** 1:45, 4:30, 7:10, 9:40  
**MEET THE ROBINSONS (G)** 12:45, 3:20  
**REIGN OVER ME (R)** 9:30 PM  
**SHOOTER (R)** 1:25, 4:25, 7:30, 10:20  
**TMNT (PG)** 1:20, 3:25  
**300 (R)** 1:40, 4:20, 7:10, 10:15  
**WILD HOGS (PG13)** 5:50, 8:10, 10:30

**AMC SELECT**  
**AQUA TEEN HUNGER FORCE COLON MOVIE FILM FOR THEATERS (R)** 1:10, 3:20, 5:30, 7:50, 10:10  
**THE NAMESAKE (PG13)** 1:50, 4:40, 7:25, 10:05

**AMC POTOMAC MILLS 18**  
2700 Potomac Mills Circle, Ste 886  
703-998-4262

### DIGITAL 3D

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** 1:00, 3:50, 6:35, 9:10

**DISTURBIA (PG13)** / 2:00, 4:30, 7:15, 10:00  
**THE HOAX (R)** / 1:20, 4:10, 7:00, 9:50  
**PATHFINDER (R)** / 2:25, 4:55, 7:30, 9:55  
**PERFECT STRANGER (R)** / 2:15, 5:05, 7:40, 10:10  
**REDLINE (PG13)** 12:55, 3:10, 5:30, 7:50, 10:15  
**SLOW BURN (R)** / 1:10, 3:25, 5:40, 7:55, 10:10  
**GRINDHOUSE (R)** 4:00, 8:00, 9:30  
**GRINDHOUSE (R)** 9:30 PM  
**THE REAPING (R)** 1:45, 4:20, 7:00, 9:25  
**ARE WE DONE YET? (PG)** 2:05, 4:35, 7:10, 9:45  
**FIREHOUSE DOG (PG)** 1:05, 4:15, 7:05  
**BLADES OF GLORY (PG13)** 1:30, 4:05, 5:00, 6:30, 7:15, 9:00  
**BLADES OF GLORY (PG13)** 5:00, 7:15  
**MEET THE ROBINSONS (G)** 2:30  
**MEET THE ROBINSONS (G)** 2:30  
**PRIDE (PG)** 9:35 PM  
**REIGN OVER ME (R)** 1:50, 4:45  
**SHOOTER (R)** 1:25, 4:25, 7:20, 10:05  
**TMNT (PG)** 2:45, 5:15, 7:25  
**PREMONITION (PG13)** 9:40 PM  
**300 (R)** 1:55, 4:50, 7:35, 10:15  
**WILD HOGS (PG13)** 7:45, 10:05

**AMC SELECT**  
**AQUA TEEN HUNGER FORCE COLON MOVIE FILM FOR THEATERS (R)** 1:10, 4:40, 7:05, 9:20

**AMC COLUMBIA MALL 14**  
10300 Patuxent Parkway  
410-423-0520

### DIGITAL 3D

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** 2:00, 4:30, 7:00, 9:30

**DISTURBIA (PG13)** 2:10, 4:40, 7:20, 9:45  
**PATHFINDER (R)** 1:40, 4:20, 6:50, 9:20  
**PERFECT STRANGER (R)** 1:55, 4:35, 7:10, 9:50  
**SLOW BURN (R)** 1:50, 4:10, 6:25, 8:45  
**GRINDHOUSE (R)** 1:10, 5:05, 9:00  
**THE REAPING (R)** 1:45, 4:25, 6:45, 9:05  
**ARE WE DONE YET? (PG)** 1:25, 3:55, 6:20, 8:35  
**FIREHOUSE DOG (PG)** 1:20, 3:50, 6:35  
**BLADES OF GLORY (PG13)** 2:40, 5:15, 7:35, 9:55  
**PRIDE (PG)** 9:10 PM  
**REIGN OVER ME (R)** 4:00, 9:25  
**SHOOTER (R)** 1:15, 4:05, 6:55, 9:40  
**TMNT (PG)** 2:05, 4:15  
**PREMONITION (PG13)** 1:30, 7:05  
**300 (R)** 2:15, 4:50, 7:25, 10:05  
**300 (R)** 2:15, 4:50, 7:25, 10:05  
**WILD HOGS (PG13)** 6:30, 8:50

**LOEWS FAIRFAX SQUARE 8**  
8065 Leesburg Pike  
703-506-9857 802

**REDLINE (PG13)** 4:50, 7:50  
**THE LAST MIMZY (PG)** 5:00, 8:00  
**REIGN OVER ME (R)** 4:00, 7:00  
**BREACH (PG13)** 4:20, 7:20

**AMC SELECT**  
**AQUA TEEN HUNGER FORCE COLON MOVIE FILM FOR THEATERS (R)** 5:10, 8:10  
**THE LOOKOUT (R)** 4:40, 7:40  
**AMAZING GRACE (PG)** 4:10, 7:10  
**THE QUEEN (PG13)** 4:30, 7:30

**MAGIC JOHNSON CAPITAL CENTRE 12**  
800 Shopper's Way, Largo  
301-324-4220

**DISTURBIA (PG13)** 12:50, 4:00, 7:00, 10:00  
**PATHFINDER (R)** 1:50, 4:40, 7:30, 9:50  
**PERFECT STRANGER (R)** 1:10, 4:10, 7:10, 10:10  
**SLOW BURN (R)** 1:00, 3:05, 5:30, 7:45, 10:00  
**GRINDHOUSE (R)** 5:20, 9:00  
**THE REAPING (R)** 12:20, 3:00, 5:20, 7:50, 10:30  
**ARE WE DONE YET? (PG)** 12:30, 2:50, 5:10, 7:40, 10:10  
**FIREHOUSE DOG (PG)** 1:30, 4:00, 6:30  
**BLADES OF GLORY (PG13)** 1:05, 3:30, 5:45, 8:00, 10:20  
**MEET THE ROBINSONS (G)** 12:40, 3:10, 5:40, 8:10, 10:30  
**PRIDE (PG)** 9:40, 4:30, 7:05, 9:45  
**SHOOTER (R)** 4:05, 9:40  
**TMNT (PG)** 1:00, 3:20  
**I THINK I LOVE MY WIFE (R)** 9:30 PM  
**300 (R)** 1:20, 6:50

### LOEWS DUPONT 5

1350 19th St.  
1-800-FANDANGO #711

**REDLINE (PG13)** 5:15, 8:00  
**GRINDHOUSE (R)** 4:30, 8:30  
**300 (R)** 4:10, 7:00  
**BREACH (PG13)** 4:45, 7:20

**AMC SELECT**  
**AMAZING GRACE (PG)** 5:00, 7:40

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713  
**GRINDHOUSE (R)** 12:00, 4:00, 8:00

**AMC TYSONS CORNER 16**  
7850 Tysons Corner Center  
703-998-4262

### DIGITAL 3D

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** 1:55, 4:40, 7:05, 9:30

**DISTURBIA (PG13)** / 1:00, 3:25, 5:55, 8:20, 10:45  
**PATHFINDER (R)** / 12:45, 3:20, 5:40, 8:00, 10:40  
**PERFECT STRANGER (R)** / 12:30, 2:55, 5:25, 7:55, 10:30  
**SLOW BURN (R)** / 12:35, 2:50, 5:05, 7:25, 9:40  
**GRINDHOUSE (R)** 12:30, 4:25, 8:15, 9:45  
**THE REAPING (R)** 12:55, 3:10, 5:30, 7:50, 10:15  
**ARE WE DONE YET? (PG)** 1:15, 3:30, 5:45, 8:05, 10:20  
**ARE WE DONE YET? (PG)** 1:15, 3:30, 5:45, 8:05, 10:20  
**FIREHOUSE DOG (PG)** 1:40, 4:20, 7:10  
**BLADES OF GLORY (PG13)** 12:50, 3:05, 5:20, 7:40, 10:05  
**MEET THE ROBINSONS (G)** 12:40, 3:15  
**SHOOTER (R)** 1:50, 4:50, 7:35, 10:25  
**TMNT (PG)** 1:05, 5:35, 7:45, 9:55  
**PREMONITION (PG13)** 3:00, 5:15, 7:30, 10:00  
**300 (R)** 1:30, 4:35, 7:20, 10:10  
**WILD HOGS (PG13)** 1:10, 3:35, 5:50, 8:10, 10:35  
**AMC SELECT**  
**THE NAMESAKE (PG13)** 1:20, 4:15, 7:00, 9:50

### AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

**DISTURBIA (PG13)** / 5:10, 7:50  
**PATHFINDER (R)** / 4:45, 7:15  
**PERFECT STRANGER (R)** / 5:15, 8:05  
**REDLINE (PG13)** 4:40, 7:05  
**SLOW BURN (R)** / 5:20, 7:50  
**GRINDHOUSE (R)** 6:30  
**THE REAPING (R)** 4:50, 7:30  
**ARE WE DONE YET? (PG)** 5:00, 8:00  
**FIREHOUSE DOG (PG)** 4:35  
**BLADES OF GLORY (PG13)** 5:30, 8:10  
**MEET THE ROBINSONS (G)** 4:40, 7:20  
**PRIDE (PG)** 7:10  
**TMNT (PG)** 4:30  
**300 (R)** 7:00

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

**PATHFINDER (R)** / 2:40, 5:00, 7:30, 10:00  
**THE REAPING (R)** 1:10, 4:30, 6:50, 9:10  
**ARE WE DONE YET? (PG)** 2:00, 4:20, 7:20, 9:30  
**BLADES OF GLORY (PG13)** 2:20, 3:30, 4:45, 5:45, 7:00, 8:00, 9:15, 10:15  
**REIGN OVER ME (R)** 4:10, 7:10, 9:50

**AMC SELECT**  
**AQUA TEEN HUNGER FORCE COLON MOVIE FILM FOR THEATERS (R)** 3:20, 5:30, 7:50, 10:10  
**THE LOOKOUT (R)** 3:00, 5:20, 7:40, 9:55

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

**THE HOAX (R)** 1:40, 4:10, 7:00, 9:20  
**AFTER THE WEDDING (R)** 2:20, 4:50, 7:30, 9:50

**AMC SELECT**  
**THE NAMESAKE (PG13)** 1:30, 2:30, 4:20, 5:00, 7:10, 7:40, 9:40, 10:00  
**AMAZING GRACE (PG)** 2:10, 4:20, 7:20, 9:30  
**THE LIVES OF OTHERS (R)** 2:00, 4:40, 8:00  
**THE LAST KING OF SCOTLAND (R)** 1:50, 4:30, 7:00, 9:30

### LOEWS WHITE FLINT 5

North Bethesda  
1-800-FANDANGO #741

**DISTURBIA (PG13)** 2:00, 4:40, 7:10  
**PERFECT STRANGER (R)** 2:05, 4:45, 7:15  
**GRINDHOUSE (R)** 2:00, 6:05  
**THE REAPING (R)** 2:15, 4:35, 7:05  
**BLADES OF GLORY (PG13)** 2:10, 4:30, 7:00

### AMC MAZZA GALLERIE

Janifer and Wisconsin  
202-537-9553

**DISTURBIA (PG13)** / 1:40, 4:20, 7:10  
**PATHFINDER (R)** / 1:00, 3:30, 5:50, 8:10  
**PERFECT STRANGER (R)** / 2:00, 4:40, 7:15  
**THE REAPING (R)** 2:40, 5:10, 7:40  
**BLADES OF GLORY (PG13)** 3:20, 5:40, 8:00  
**REIGN OVER ME (R)** 1:30, 7:20  
**SHOOTER (R)** 4:30  
**300 (R)** 1:20, 4:00

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## Difficulty Sleeping?

If you are 18 to 64 years of age and are experiencing difficulty falling asleep and staying asleep, you may qualify to participate in a clinical research study of an investigational medicine for insomnia.

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OF THE MID-ATLANTIC**  
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# SIXTH & I

THE NEW REPUBLIC  
AND SIXTH & I  
TOM FRIEDMAN  
A TOUR OF THE WORLD:  
IS GLOBALIZATION DEAD?  
Thursday, April 19th at 7:00 pm



WYNTON MARSALIS  
WHERE Y'ALL AT?:  
JAZZ, RACE AND CULTURE  
Monday, June 4th at 7:00 pm



POLITICS AND PROSE  
AND SIXTH & I  
MICHAEL CHABON  
THE YIDDISH POLICEMEN'S  
UNION  
Wednesday, May 23rd at 7:00 pm



# Can It Get Worse?

## After the J.Lo wreck, 'Idol' has country star Martina McBride

**Y'ALL** | At the risk of sounding like the Comic Book guy on "The Simpsons," last week had to be the worst "American Idol" (8 p.m., Fox) ever! The Latin-music challenge left everybody off balance. With few exceptions, the contestants chose safe, upbeat numbers that would not be out of place at a wedding or aboard a cruise ship. And as a mentor, Jennifer Lopez was scrupulously inoffensive.

Martina McBride is aboard as



**WILL SANJAYA WEAR CHAPS?:** Martina McBride helps “Idol” get country.

guest mentor and performer, so this must be country week. Will things go as badly as the Latin excursion? None of the remaining seven contestants seems to have an affinity for achy-breaky hearts. On the other hand, the resident divas should have no trouble with ballads. Besides, contemporary country music has become broad enough to engulf and devour sounds that years ago would have fallen into the categories of rock, pop, folk and gospel.

Melinda Doolittle remains the one unassailable presence here. She's brilliant, even when she's not dazzling. But one can't help but feel that she's simply too mature and too talented to rise to the top of the heap of what is essentially a teenage popularity contest. KEVIN MCDONOUGH  
(UNITED FEATURE SYNDICATE)

ON TV TONIGHT

## FUELED FOR CHANGE

**THE GREEN** (9 p.m., Sundance) is a 13-part series, presented by Robert Redford, that will air every Tuesday, with short films about the environment and things viewers can do to change their wasteful, polluting ways. It kicks off with "Big Ideas for a Small Planet: Fuel" (9 p.m.), a look at alternatives to gasoline-powered engines. "A Crude Awakening: The Oil Crash" (9:30 p.m.) follows, arguing that the era of cheap oil is ending.

## PETAL TO THE MEDDLE

**NOVA** (8 p.m., PBS) presents "First Flower," a horticultural detective story. Although flowering plants make up the vast majority of contemporary plant life, they are a relatively recent evolutionary arrival. Scientists try to place the date



**BROKEN 'SHIELD':** Vic (Michael Chiklis) is ready to knock some heads.

of the origin of the first flower using fossil evidence and the latest in DNA technology.

## BLOOD ON THE TRAIL

Shane suffers as Vic nears Lem's suspected killer on **THE SHIELD** (10 p.m., FX).  
KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

4:17:07		6:00 PM		6:30		7:00		7:30		8:00		8:30		9:00		9:30		10:00		10:30		11:00		11:30	
LOCAL CHANNELS	WRC	4	News			NBC Nightly News	Access Hollywood	Dateline NBC (N)			Law & Order: Criminal Intent			Law & Order: Special Victims Unit			News			News			Tonight Show		
	WTTG	5	Seinfeld		The Simpsons	The Simpsons	Seinfeld	American Idol (S Live)			House "Act Your Age" (N)			News			News			News			Every-Raymond		
	WJLA	7	News		ABC Wild News	Wheel of Fortune	Jeopardy! (N)	George Lopez (N)	George Lopez (N)		Dancing With the Stars (S Live)			(01) Boston Legal "Guise 'n Dolls"			News			News			(35) Nightline (N)		
	WUSA	9	News		Evening News	News	Entertainment	NCIS "Once a Hero"			The Unit "Report by Exception"			48 Hours Mystery			News			News			Late Show		
	WDCA	20	Scrubs "My Fault"	Scrubs	Judge Joe Brown	Judge Judy (N)	American Heiress (N)			American Heiress (N)			The Tyra Banks Show			Still Standing			Still Standing			Still Standing			
	WMPT	22	The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.	Nova "First Flower" (N)	America at a Crossroads (N)			America at a Crossroads (N)			Roadshow FYI			Smart Travels			Charlie Rose (N)			Smart Travels			
	WETA	26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Moneywise	Mystery! (DVS)			BBC World News			Tavis Smiley			Charlie Rose (N)			Sex and the City			Sex and the City			
	WHUT	32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! (DVS)			BBC World News			Tavis Smiley			Charlie Rose (N)			Sex and the City			Sex and the City			
WDCW	50	My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls "Hay Bale Maze" (N)			Pussycat Dolls-Search			Will & Grace			Will & Grace			Sex and the City			Sex and the City				
BASIC CABLE	A&E		Cold Case Files		CSI: Miami "Simple Man"	CSI: Miami "Dispo Day"			Dog the Bounty Hunter "Rusty Cuffs"			Driving Force (N)	Driving Force			CSI: Miami "Complications"									
	Animal		The Crocodile Hunter		The Most Extreme Big cats	The Most Extreme "Animal Myths"			Animals Behaving Badly			Animal Precinct "Love Conquers" (N)	The Most Extreme "Animal Myths"												
	BET		106 & Park: BET's Top 10 Live	Top 10 countdown. (N)	College Hill	** "Soul Plane" (2004, Comedy) Kevin Hart, Tom Arnold.			College Hill (N)	Run's House			Jamie Foxx	Jamie Foxx											
	Bravo		Work Out		Work Out Skylab dream.	Work Out Jackie sees a therapist.			Work Out (N)			Work Out (N)													
	Comedy		(4:30) ** "The Royal Tenenbaums"	Scrubs	Scrubs	Daily Show	Colbert Report	Chappelle's Show	South Park	Mind of Mencia	Mind of Mencia	Daily Show	Colbert Report												
	Court		Forensic Files	Forensic Files	Cops	Cops	Cops	Cops	Cops	Hot Pursuit	Hot Pursuit	LA Forensics	North Mission												
	Discovery		How It's Made	How It's Made	Deadliest Catch "A Tragic Beginning"	Deadliest Catch A fishing boat sinks.	Deadliest Catch "Pain and Paybacks"			Oil, Sweat and Rigs "Phoenix"			MythBusters Vocal firefighting.												
	DISCH		Code Blue "Rite of Passage"	Impact: Stories of Survival	Super Quads	Paralyzed and Pregnant			Jon & Kate Plus 8	Jon & Kate Plus 8	Super Quads														
	Disney		Phil of the Future	That's So Raven	Phil of the Future	Zack & Cody	"The Cheetah Girls 2" (2006) Raven, Adrienne Bailon, Kiely Williams.			Life With Derek	Phil of the Future	Zack & Cody	That's So Raven												
	E!		Pink: The E! True Hollywood Story	E! News (N)	The Daily 10 (N)	*** "The Big Lebowski" (1998, Comedy) Jeff Bridges, John Goodman.			Girl Next Door	Girl Next Door	E! News	The Daily 10													
	FX		(4:00) ** "Godzilla" (1998)	** "The Punisher" (2004) Thomas Jane, John Travolta. An FBI agent seeks revenge for the murder of his family.					The Shield "Back to One" (N)		(05) The Riches														
	HGTV		Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me	Decorating Cents	24 Hour Design	House Hunters	Buy Me	House Worth?	Hidden Potential											
	Family		7th Heaven "Bowling for Eric"	Smallville "Rosetta"	*** "Rudy" (1993) Sean Astin. A working-class teen dreams of admission to Notre Dame.				Whose Line?	The 700 Club															
	History		Deep Sea: Great Lakes Ghost Ship	Intercoastal Highway	Decoding the Past																				
	Lifetime		Reba	Reba	Still Standing	Still Standing	Reba Bar brawl.	Reba	"View of Terror" (2003, Suspense) Shannen Doherty, Michel Francoeur.		Will & Grace	Will & Grace													
	MTV		Exposed	Adv. Hollywood	Adv. Hollywood	Pimp My Ride	Real World -- Road Rules Challenge	Punk'd	Scarred (N)	Real World-Rd	Living Lahaina (N)	Nick Cannon	Nick Cannon												
	NICK		Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Funniest Mom	Full House	Roseanne	Roseanne	Fresh Prince	Fresh Prince											
	SCI FI		Stargate SG-1 "Bloodlines"	Jake 2.0 "Whiskey-Tango-Foxtrot"	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	UFC Unleashed			ECW What now for CM Punk? (Taped)	Painkiller Jane "Pilot"														
	SPIKE		CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends	Friends	Sex and the City	Sex and the City													
	TBS		Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends	Friends	Sex and the City	Sex and the City													
TLC		Flip That House	Monster House Biker house.	Miami Ink "Kat's Return: Ami's Ride"	Miami Ink "Woman in a Man's World"	Miami Ink "Kat the Party Machine"	Miami Ink "Sink or Swim"			Cold Case "Red Glare"															
TNT		Law & Order "Darwinian"	Law & Order "Gunplay"	Law & Order "Red Ball"	The Closer "Batter Up"	The Closer "Good Housekeeping"	Cold Case "Red Glare"			(05) Law & Order: Criminal Intent															
USA		Law & Order: Special Victims Unit	Law & Order: Criminal Intent	40 Dumbest Celeb Quotes Ever																					
VHI		Lindsay's Shocking Moments	Young, Rich and Out of Control																						
SPAN	TELEM	Daniela	Noti-Telemndo	Dame Chocolate	Marina	Zorro - La Espada y la Rosa	Sin Verguenza	Noti-Telemndo	12 Corazones																
	UNIV	Que Locura	Noticiero Univ	Duelo de Pasiones	La Fea Más Bella (N)	Destilando Amor	Nuestra Belleza Latina	Primer Impacto	Noticiero Univ.																
SPORTS	ESPN	SportsCenter (Live)		NFL Live	SportsCenter Special (Live)	Contender Challenge	Baseball Tonight (Live)	SportsCenter (Live)																	
	ESPN2	Gearz	NASCAR Now	NBA Stories (N)	High School Basketball	NBA Coast-to-Coast	High School Basketball: Jam Fest																		
	CSN	Washington	SportsNite	NBA Basketball Orlando Magic at Washington Wizards. From Verizon Center in Washington, D.C.	Wizards Post.	SportsNite (Live)	ACC All-Access	Final Score																	
NEWS	CNN	Lou Dobbs Tonight	The Situation Room	Paula Zahn Now	Larry King Live (N)	Anderson Cooper 360	The O'Reilly Factor (Live)	Hannity & Colmes (Live)	On the Record-Van Susteren	The O'Reilly Factor															
	FNC	Special Report (Live)	Hardball	Countdown With Keith Olbermann	Scarborough Country	Death in the Hamptons?	MSNBC Investigates																		
	MSNBC	Tucker																							
MOVIES	AMC	** "Black Widow" (1987, Suspense) Debra Winger, Sami Frey. 'R'	*** "Dead Calm" (1989, Suspense) Sam Neill, Nicole Kidman. 'R'	*** "Misery" (1990, Horror) James Caan, Kathy Bates. 'R'																					
	TCM	(:15) *** "Escape From Fort Bravo" (1953) William Holden. 'NR'	*** "Gilda" (1946, Romance) Rita Hayworth, Glenn Ford. 'NR'	** "The Lady in Question" (1940) Glenn Ford. 'NR'	Affair in Trinidad																				
	HBO	*** "War of the Worlds" (2005) Tom Cruise. 'PG-13'	*** "United 93" (2006, Drama) David Alan Basche. 'R'	The Sopranos "Stage 5"	Entourage	De La Hoya																			
	MAX	(:15) *** "Full Metal Jacket" (1987, War) Matthew Modine. 'R'	(:15) ** "Unleashed" (2005, Action) Jet Li, Bob Hoskins. 'R'	** "Firewall" (2006) Harrison Ford. 'PG-13'	Best Sex Evr 5																				
	SHOW	Liza With a Z: Concert	*** "Capote" (2005, Biography) Philip Seymour Hoffman. iTV. 'R'	The Tudors "Episode 3" (iTV)	This Am. Life	Penn & Teller	"Tamara" (2005) Jenna Dewan. 'R'																		
	TMC	(:15) ** "Donnie Darko" (2001, Fantasy) Jake Gyllenhaal. 'R'	(:15) ** "Halloween H20: 20 Years Later" (1998) 'R'	(:45) ** "Undead" (2003, Horror) Felicity Mason, Rob Jenkins. 'R'	** "The O Tapes																				
	STARZ!	(:05) ** "Chicken Little" (2005) Voices of Zach Braff.	*** "Friends With Money" (2006) Jennifer Aniston. 'R'	** "Derailed" (2005, Suspense) Clive Owen, Jennifer Aniston. 'R'																					
	ENCORE	(5:30) *** "Memoirs of a Geisha" (2005) Ziyi Zhang. 'PG-13'	** "A Lot Like Love" (2005) Ashton Kutcher. 'PG-13'	** "The Waterboy" (1998) Adam Sandler. 'PG-13'	Dirty Dancing																				

## VOLUNTEERS NEEDED

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## OSTEOPOROSIS RESEARCH STUDY

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Volunteers are needed to participate in a nationwide research study for women with osteoporosis. The study is comparing an investigational one-time single dose infusion to a daily oral pill. All qualified participants will receive active study medication.

Physicians at James A. Simon, MD, PC are participating in this nationwide research study.

To qualify, women must

- Be 45-80 years old and postmenopausal
- Have osteoporosis and not currently receiving treatment

All study-related care is provided at no charge, including physical exams, lab services, and investigational medications. Financial compensation may also be provided.

For more information, please call (202) 293-1000.



## Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults aged 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

Please call:

**301-251-8351**

[www.hivresearch.org/clinical-trials](http://www.hivresearch.org/clinical-trials)

You will be compensated for your time.

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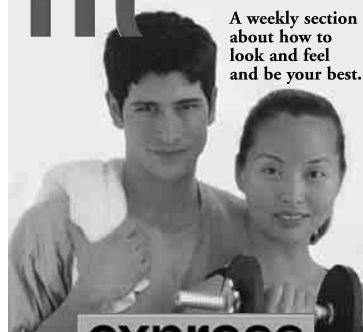
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Presenter **Christopher Fromm** served as a Prosecutor for the Philadelphia District Attorney's office and was a professor of trial advocacy at Widener Law School. He currently is a DC Regional Director for Kaplan/PMBR.

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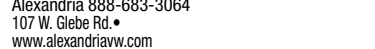
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**TRY, TRY AGAIN:** Keith Olbermann will return to sports for the first time in six years to join Cris Collinsworth as co-host of the pregame show for NBC's Sunday night football. The former SportsCenter anchor currently hosts a prime-time newscast and opinion show on MSNBC.



# Sports



**OUT OF CONTROL:** Guard DeShawn Stevenson, center, gets called for a charge during the Wizards' loss to the Bulls on Sunday.

## Stumbling to the Playoffs

Team has lost 7 of its last 8 but is currently the East's No. 6 seed

**WIZARDS** | The Wizards' Big Three have been reduced to the Big One, and the team's seventh loss in eight games came by 33 points to possible first-round playoff foe Chicago.

Now Washington has two more regular-season games to determine exactly where it will be seeded in the East — and to figure out a way to be competitive in the postseason.

"The playoffs are different. We have veterans, and I'm sure everybody's intensity is going to go up. And we'll see if we have enough talent," coach Eddie Jordan said on

Monday. "You have to make plays. Sometimes hard, guts-out work will overcome that lack of talent."

Washington (40-40) hosts the Orlando Magic on Tuesday and closes the regular season at the Indiana Pacers on Wednesday.

Currently No. 6 in the Eastern Conference, the Wizards could wind up No. 8.

"We've still got two big games left that can decide a lot. We have to stay positive and continue to get prepared for the playoffs. They're like the NCAA tournament — anything can happen in a seven-game series," injured All-Star Caron Butler said.

Butler's use of the word "we" is a tad misleading, because he won't be suiting up for the first round of

the playoffs — though he did say he wants to be ready if Washington makes the second round.

Butler (broken right hand) and All-Star guard Gilbert Arenas (left knee surgery) have been out since early April, leaving the Wizards with one go-to guy, Antawn Jamison, and a lot of retooling to do.

"From the moment that Gil and Caron went down, we've been written off by everyone," said Antonio Daniels, who replaced Arenas in the starting lineup but bruised his back in a hard fall during a game last week. "We support each other, we believe in each other, we believe in our coaching staff. With the team we have right now, the chemistry's coming." HOWARD FENDRICH (AP)

## Swengali

BASEBALL | BY MATT SWENSON

### U.S. No Longer Loves Baseball

**LONG AGO, BASEBALL STOPPED** being America's pastime. Rather, it is part of the country's passed time.

This, above all else, should be considered as experts in and out of the game debate why — 60 years after Jackie Robinson broke the color barrier — the number of black players is dwindling.

There is no tangible racial element to the problem. Any person of any color and social and economic class can play baseball.

Baseball is a slow game. It meanders along at its own pace each summer, with many games topping the three-hour mark even when seemingly little happens.

That is how the sport is perceived. NFL games, which occur just once a week, are an event. Basketball provides nonstop action and benefited from Michael Jordan's greatness and fame as it marketed itself as a younger generation's game in the period

in which young blacks took a pass on the pastime.

What many appear to be missing is that the slowness, the strategy and the long season are part of an endurance test not seen in other sports.

Just because it is in a downward swing doesn't mean anything is wrong with baseball.

Probably due to the racial discussion surrounding Robinson's moment, the momentum will

**The slowness, the strategy and the long season are part of an endurance test not seen in other sports.**

shift and the number of black players will grow.

Baseball teaches us not to think in the short-term. Luckily, the sport's worldwide popularity is supplying enough great talent that it will thrive until this country catches up again.

@ To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)

### TODAY'S TV LINEUP

**WIZARDS (7 P.M. ON COMCAST)** The Wizards host the Orlando Magic in the penultimate game of the season.

**NATIONALS (7 P.M. ON MASN)** The Nats wrap up a two-game series with the Atlanta Braves with John Smoltz taking on Jerome Williams.

**ORIOLES (7 P.M. ON MASN2)** The Orioles'

Steve Trachsel and the Devil Rays' Casey Fossum both look for their first wins of the year when the two teams meet in Tampa Bay.

**HOCKEY PLAYOFFS (7 P.M. AND 10 P.M. ON VERSUS)** Ottawa is at Pittsburgh for Game 4 of its series, and Detroit tries to take a 3-0 lead over Calgary.

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## Sports



**AROUND THE WORLD:** Astronaut Sunita Williams completed her Boston Marathon more than 210 miles above Earth. She circled the globe almost three times harnessed to a treadmill.

# Cheruiyot Wins a Wet One

For the 15th time in 17 years, a Kenyan wins the Boston Marathon

**RUNNING** | Robert Cheruiyot won the Boston Marathon for the third time Monday, defending his title in the remnants of a soaking nor'easter in an unofficial time of 2 hours, 14 minutes, 13 seconds. Russia's Lidiya Grigoryeva captured the women's crown in 2:29:18.

Cheruiyot, who also won in 2003 and set the course record last year, outkicked countryman James Kwambai as they headed



CHARLES KRUPA/AP

Robert Cheruiyot blows kisses to the fans after winning the Boston Marathon.

into Kenmore Square with a mile to go. And the defending champion kept his feet under him as he crossed

the finish line — something he had a bit of a problem with when he won in Chicago last fall.

This time, Cheruiyot held his arms to the side and blew a kiss to the crowd as he stepped over the slip-proof line 20 seconds ahead of Kwambai. Kenya won its 15th men's title in the last 17 years and swept the top four spots on the men's side.

The weather was milder than forecasters had feared — 52 degrees with a moderate rain at the start and the sun even came out halfway through. But winds picked up as the runners turned onto the last, long homestretch. JIMMY GOLEN (AP)

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**OUT OF TIME:** The Caps' Alexander Semin has been kicked off the Russian national team for failing to report to training camp on time, according to the Russian Hockey Federation.



## Sports

# Different Feeling for Sens

After years of blowing playoff series, Ottawa confident with 2-1 lead

**HOCKEY PLAYOFFS** | The Ottawa Senators have been here so many times before. A playoff series is there for them to win, yet they somehow lose.

No matter who is in net, they lose. No matter who skates on their blue line, or how many 50-goal scorers they have, they lose. Ten trips to the NHL postseason in the last 10 seasons, and still no appearances in the Stanley Cup finals.

When they twice lost third-period leads during their series-tying 4-3 loss Saturday on home ice to the young, inexperienced but enormously talented Pittsburgh Penguins, the Senators could sense the doom and



Dean McAmmond celebrates his goal in the Senators' 4-2 win at Pittsburgh.

gloom among their fan base.

They could only guess what those rooters were feeling Sunday night

when, less than a minute into the Penguins' first home playoff game in nearly six years, Pittsburgh went ahead 1-0 on Gary Roberts' goal.

Haven't the Senators been here before?

Yes, they have and, maybe, this time that experience is helping.

"To be composed and hang in there and play the way we had to play, I think that was a credit to our guys," coach Bryan Murray said following his team's pivotal 4-2 victory in Pittsburgh.

The Senators not only weathered Pittsburgh's early run, but they also managed to tie it late in the first on Dean McAmmond's goal. Once Daniel Alfredsson scored twice during a three-goal second period, the Senators sensed they had this one.

Now, the key for them is to not let another series get away. (AP)



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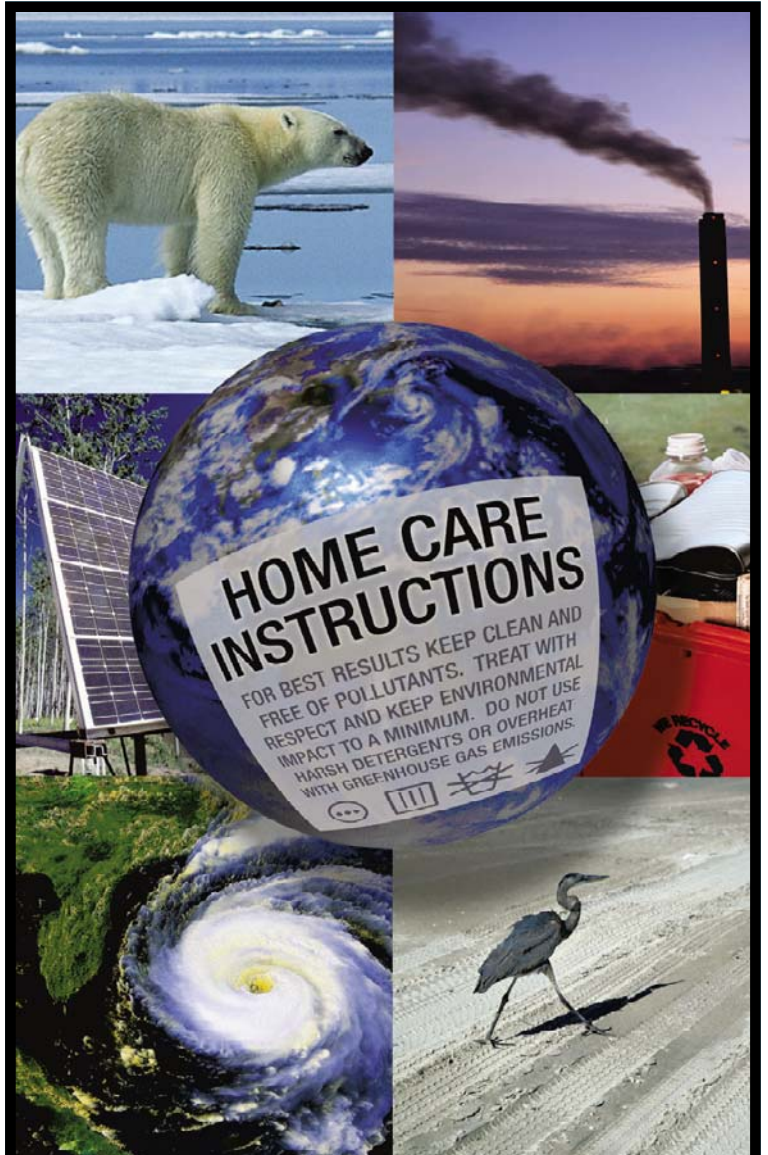


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## Sports



Boo Weekley throws his club in the air after chipping in for par on the 18th hole.

## Weekley Chips in To Win

Par-saving shots on 17 and 18 preserve victory, trip to the next Masters

GOLF | Augusta National, get ready for Boo Weekley.

Perhaps no one fits the mold of the staid, in-control PGA Tour pro less than Weekley, the 33-year-old country boy from the Florida Panhandle. He punctuates answers with "reckon" and "ain't," and one time, in Texas, he got so angry with his play, he put a hole in his golf bag with a club.

Now, after his first PGA Tour victory at the Verizon Heritage on Monday, Weekley has a spot in next year's Masters.

Weekley got that chance — and made up for his heartbreaking loss at the Honda Classic last month — with a pair of dramatic, par-saving chips on the 17th and 18th holes to defeat Ernie Els.

"Right now, it feels good," he said. "It ain't all sunk in yet."

Weekley had gained the sympathy of golfers everywhere last month when he missed a 3-footer on the 72nd hole of the Honda Classic that would've given him the outright win. Instead, the 33-year-old Weekley fell into a four-man playoff eventually won by Mark Wilson. (AP)



"He looked at me and said, 'Do you want to fight?' I have no reason why, in the middle of a game, he would yell at me, 'Do you want to fight?'" — **Tim Duncan**, on official Joey Crawford, who ejected Duncan from Sunday's game after he picked up two technicals while sitting on the bench.



## Sports

# Iverson's New Team Is Now Red-Hot

After a tumultuous few months, Nuggets are ready for the playoffs

**NBA** | At first, it looked as if Allen Iverson had traded one dysfunctional team for another.

In the first 2 1/2 months after leaving Philadelphia for Denver, Iverson was part of a roll-the-dice lineup in constant flux because of injuries, illnesses, trades and suspensions.

Even when Carmelo Anthony returned from his banishment for fighting, the Nuggets did well just to hover around .500. Coach George Karl tried everything he could to jolt the team into a rhythm. He called out Anthony publicly, moved Iverson to the point and experimented with every imaginable lineup.



Allen Iverson and the Nuggets are finally looking like the playoff threat they hoped to be when they traded for the star guard. Denver plays San Antonio in the first round.

It all seemed like a recipe for another meltdown.

Instead, Iverson, never known for his defense, kept preaching stops to his teammates and kept telling anyone who would listen how blessed he and his family felt for the chance to start anew in the Rockies and how he wanted to finish his career in Colorado.

The red-hot Nuggets will open against San Antonio with a roster that includes a healthy Nene, Marcus Camby, Iverson, Anthony and Steve Blake, with Linas Kleiza, Eduardo Najera and J.R. Smith rounding out the rotation.

"I think the sky's the limit," Iverson said. "What I've been saying since I got here is that a team has got to beat us four times in a playoff series, and I'd like to see that happen." **ARNIE STAPLETON (AP)**

## Orioles Could Get Injured Starters Back This Week

**ORIOLES** | Injured Baltimore Orioles outfielder Jay Payton and catcher Ramon Hernandez could be back in the lineup by Friday.

Payton, sidelined by a strained left hamstring, is scheduled to play in an extended spring training game on Tuesday. If that goes well, Orioles manager Sam Perlozzo said Payton would play two games with Triple-A Norfolk before rejoining the team on Friday.

Hernandez has been out with a strained left oblique. He took part in a soft toss session and will take batting practice Tuesday. A return Wednesday is possible.

Also Monday, outfielder Corey Patterson went on bereavement leave following the death of his grandfather. **(AP)**



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The Washington Post has an opening in its Accounting Department for a New Accounts Specialist. The responsibilities include opening and monitoring new accounts; auditing for errors & providing feedback; & processing and approving credit applications.

The successful candidate must be detail oriented and have superior customer service, problem solving, communications, organization & time management skills.

Candidates should send a cover letter, resume and salary requirements to:

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1150 15th Street, NW  
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Excellent communication and written skills, the ability to work under pressure. Candidate must have a current Prof. in Human resource (PHR) designation; 5 years experience in a service related industry. A degree is preferred but not required with the right exp. Experience with benefit programs, be familiar with Federal and State DOL policies. Clean criminal records and must pass a drug test. M/F/V/EOE

Call 301-916-8200 ext. 222 or fax resume to 301-916-0085, attn: Don

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The award winning Homewood Suites by Hilton, located in Falls Church, Va is busier than ever and looking for the right individuals to add to our existing TEAM! Current openings include:

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Full and part-time shifts available (mornings, evenings, weekends.) We offer a friendly work environment, quality training, competitive wages/benefits, advancement opportunities and more! STARS only need apply!

Please apply within or email to:

**Jean-Pierre Gaster@hilton.com**

Homewood Suites by Hilton  
8130 Porter Rd  
Falls Church, VA 22042  
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## Hotel

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Washington DC/Rockville  
Executive Meeting Center

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(IMMEDIATE OPENINGS)

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## LEGAL SECRETARY

West End firm seeks f/t exp. litigation sec. for 1 atty. Min 3-5 yrs exp. Pl exp. helpful. Must be extremely organized, highly motivated, have a positive attitude, and capable of demonstrating maturity and handling a high level of resp. Ability to multi-task and prioritize is critical. 75 wpm typing min. 40 hr work week, occasional overtime req. Candidate should possess precise knowledge of court forms, filing procedures. Non-smoker. Send resume and salary reqs. Recruiter at [baumhedlundlaw.com](mailto:baumhedlundlaw.com)

**Loan Officers** — exp needed. Sterling, VA 703-980-6203

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Database Marketing  
Analyst  
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Interactive

You are an online savvy, highly analytical marketing specialist. You have tactical database direct marketing experience: pulling data from various resources, market segmentation, devising best methods for targeting clients, communicating message through multiple channels, and tracking and reporting ROI. You are a sole owner and driver in this newly-created position. You work with purpose and efficiency in a fast-paced web environment, managing multiple marketing efforts across multiple product lines and properties. Requires undergraduate degree and 2-4 yrs. experience in direct marketing. More info: [www.washpostco.com](http://www.washpostco.com).

Send resume to:  
[talentsearch@washpost.com](mailto:talentsearch@washpost.com)  
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## Maintenance Tech

Apt communities in the DC area seeking qualified individuals with a minimum of 3 yrs experience. HVAC certification. Experience in all phases of apt management. Must have own transportation. Live on positions available. Excellent salary and benefits. Fax resume to 202-291-5511 or Email [jobs@visionrealtymgt.com](mailto:jobs@visionrealtymgt.com)

## Management

ACCESS<sup>SM</sup>  
WORLDWIDE  
TelAc Teleservices GroupCall Center  
Training Manager

Access Worldwide Telac seeks individual with prior call center Sales &/or Customer service training experience.

## Qualifications:

- Formulate teaching outline(s) & determine instructional methods
- Select & develop teaching aids
- Test trainees to measure progress & to evaluate effectiveness of the training
- Supervise developing training specialists
- Effectively communicate with clients & management
- PC Literacy (MS Office)
- Must be available to work day & night shifts (Mon-Sat)
- Tele-Sales training experience a plus

For immediate consideration please send your resume with cover letter to:

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Leasing company needs Class B Mechanic to perform PM's & light repairs. Benefits with 401K. 1st & 2nd shift available. Call Robert at: 703-354-5300.

**Med Receptionist** — Fairfax. Must have extensive referral exper and 2 yrs in Dr. ofc. Temp-to-perm. Fax MSA 703-921-3861.

**MEDICAL JOBS** — Temp & Temp-to-perm in VA/MD/DC. We need exper Med Asst's and Recepts. Fax MSA 703-921-3861.

## MEDICAL X-RAY TECH LIMITED

F/T for medical center in Falls Church. REQ: VA limited X-ray lic. Call 571-278-4328

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Salary + commission. Benchmark Mortgage. Laurel, MD. Contact Ed 1-877-617-2800.

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The area's largest Harley-Davidson dealership is currently seeking Parts & Accessories Counter people for full and part time work. Knowledge in Honda, Suzuki, Kawasaki or Harley-Davidson motorcycles is a plus. Great customer service skills are a must. We offer a fun work environment, 401K, health benefits, competitive salary, incentive programs, vacation and holiday pay. Not metro-accessible, reliable transportation is required. Contact Matt.

Harley-Davidson of Washington is also seeking a full time, self-starter to perform janitorial responsibilities 35-40 hours per week. Individual will be responsible for all facets of maintenance in building, including, but not limited to painting, cleaning bathrooms, cleaning floors, washing windows inside/outside, etc. Janitorial experience is required. We offer vacation/holiday pay, health insurance and 401K. Contact Jennifer.

**Harley-Davidson of Washington**  
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PAINTER—Needed for residential NOVA. Background check required. Call 703-915-2022.

PAINTERS \$15-\$30/hour. Loudoun Co. Start immediately! paul@paintit.com

Part Time Work The Key Shop. Kenmar shopping center. Forestville, MD. PT hrs. Suitable for HS Students or Retirees. No exp needed. Will train. Call to set up interview. Toll free 888-539-6283

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Property Manager Seeking qualified Property Manager for a section 8 project based community in DC with COS certification or section 8 HUD equivalent experience. Excellent salary and benefits. Must have own transportation. Must be detail oriented and have good written and oral communication skills. Familiar with MS Office, Yardi or similar software. Fax resume to 202-291-5511 or Email jobs@visionrealtymgt.com

Property Manager 120 unit apt community with HUD section 8 subsidy in Landover, MD seeks Property Manager with COS certification or section 8 HUD equivalent experience. Excellent salary and benefits. Must have own transportation. Must be detail oriented and have good written and oral communication skills. Familiar with MS Office, Yardi or similar software. Fax resume to 202-291-5511 or Email jobs@visionrealtymgt.com

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Please join us on Wednesday, 4/18/07 from 3pm-8pm at the Bethesda Marriott located at 5151 Pooks Hill Road, Bethesda, MD20814.

Please come prepared to complete an application and interview. If you can not attend you may email ljm@riverstoneres.com or fax 301-881-8844. Should you have any questions, please call 301-255-6081.

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Restaurant

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Send resume to: talentsearch@washpost.com Attn: AEEXP/JT

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SALES Do you make new business happen? Your team counts on you to be there, provide encouragement, and build their sales skills. You are a salesperson and a motivator. You manage a team of outbound B2B sales reps who generate and tackle leads. You come up with creative ways to reward your team and push them beyond their individual sales goals. You hire A players for your team and take great pride in their career progression. You already have experience managing a team of sales reps along with personal business development experience. It's time to apply your coaching skills in an even greater capacity with our enthusiastic Recruitment Advertising team!

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Social Work DJS Case Mgmt Specialist I Excellent Benefits Recruitment and Retention Bonuses Available

MD Dept of Juvenile Services will conduct walk-in testing for the DJS Case Management Specialist I position to fill positions in its offices statewide. Starting salary is \$35,564 if hired at Noyes Children's Ctr in Mont. Co, Cheltenham Youth Facility in PG Co, Lower Eastern Shore Children's Ctr in Wicomico Co & J. DeWeese Carter Youth Facility in Kent Co. All other locations, starting salary is \$30,844. Requires: BA/BS Degree, no exp. Qualified applicants will have their examination scored. Successful candidates will be placed on an eligible list (for at least one year) which will be used to fill vacancies in DJS.

Qualified applicants should report to one site by 8:30 am with a picture ID & fully completed application packet consisting of MS100 and DJS Applicant Willingness Statement. Admission to exam is on a first come-first served basis. Seating is limited.

Test sites: University of Maryland/Shady Grove, 8:30am on Saturday, April 28, 2007/Bowie State University, CLT 102 on Saturday, May 5, 2007

For an application packet, degree substitutions, exam schedule & detailed instructions, go to www.djs.state.md.us & click on Current Job Announcements.

EOE SPEECH-LANGUAGE (CCC/CF-SLP) for 2007-2008

A unique opportunity to become a valued member of the expanding Speech-Language Dept. at The Lab School of Washington

Join a vibrant and supportive Speech-Language Department with over 20 speech-language pathologists. Opportunity to serve approximately 22 school-aged children with language based learning disabilities in a visionary school environment starting Summer or Fall 2007. Additional opportunities in our on-site Outpatient Clinic are also available.

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VA License: 11-1017 • EEO, M/F/D/V

**Social Work**

Department of Juvenile Services is conducting walk-in testing for f/t Case Management Specialist. Starting salary is \$35,564 if hired at Noyes Children's Ctr in Mont. Co. Cheltenham Youth Facility in PG Co. Lower Eastern Shore Children's Ctr in Wicomico Co & J. DeWeese Carter Youth Facility in Kent Co. All other locations, starting salary is \$30,844 Req: BA/BS Degree, no exp.

Testing will be on 4/28/07 at University of Maryland/Shady Grove-8:30am. For more detailed information go to <http://www.djs.state.md.us>.

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**WOODBIDGE/DALE CITY**—2BR avl, shr SFH, N/S, Med dog OK, \$575 & \$610, incl all utls. 703-590-5678

**WOODBIDGE**—Lrg Rm \$125/wk, in SFH. Shrd BA/Kitch. Utls Incl. 703-868-6162

**CONDOS FOR SALE**

**ALEX CITY OPEN SUN 1-4 \$469,000**—3 lvs, 4BR, 3.5 BA condo TH, updated kit., hdwd flrs. 702 N. Armistead St. gera-homes.com/ searchlistings/just-listed.html Govtl Empl Rlty 703-922-4316

**ALEX/OLD TOWN** \$569,000

**TORPEDO FACTORY** 125 Lee St. North  
South facing balcony, 2BR 2BA, gar parking, h/w flrs, built-ins, granite counters, wlk to King St., rest., & shops. 202-256-1946 **CHARLES KLEIN**

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**ALEX/WATERGATE AT LANDMARK 1BR/1BA** Im-mac \$269K 1BR/1BA Compl remod. \$288K 2BR/2BA 1100 sf, pool view \$326KW/D, Gated comm, in/ Outdr pool, Metro shutt, 571-277-1831



## Classifieds

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**Germantown** **\$260000**  
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**HYATTSVILLE**—Renovated 2BR 1BA. Owner/Agent. \$175,000. \$12,000 Closing Help. 240-672-7080.

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**CULPEPER CO.**—257 AC, open & wooded, 2700 ft. on major hwy, 2 ponds, \$1,990,000. Browning Real Estate, 540-825-0731

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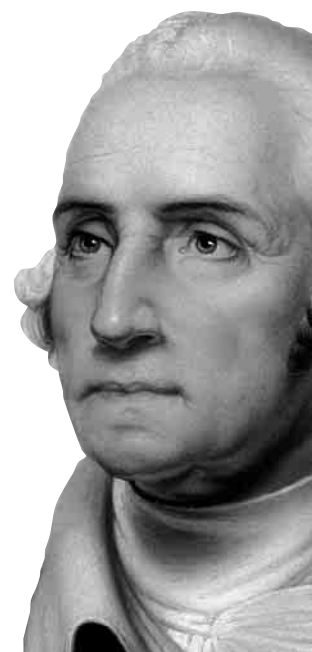
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She speaks with the fervor of a woman possessed. In the cadence of a grange hall auctioneer, Laurie Flori jabs a finger at each house on her street, every one ordered from Sears, Roebuck and Co.

"That's a Carlin," she pronounces. "That's a Whitehall. That's a Warrenton. That's a Lebanon."

Starting nearly a century ago, these stately names were bestowed upon a modest line of homes that could be purchased by mail. To Flori, they are verses in a hymn to working-class America, to a time when things were built better and cost less, when everything in the Sears catalog looked bigger and better than ordinary life.

For a while, the American dream shimmered on those pages, just as obtainable as a pair of work boots or dungarees.

A house of one's own. Outhouse and plumbing extra. A great deal of assembly required.

Flori's worship of these houses has been known to propel her right up the porch steps of homes of people she's never met to proclaim they have history in their joists and it's their civic duty to preserve it.

Sometimes the folks at home are intrigued. Sometimes they have no

idea what she's going on about, and couldn't care less.

At all times, this stout, fast talker is a woman obsessed: by houses that during a 32-year span could be sent away for and ordered on credit. Houses that arrived with pre-cut lumber and numbered for easy assembly, with 750 pounds of nails and enough paint for two coats.

She is not alone in this self-appointed mission. Across the country, otherwise ordinary people have been transformed by obsession into identifying and preserving

**"It's like King Tut and the Titanic. It's utterly fascinating."**

MARILYN RASCHKA, HOME HUNTER

"kit houses" from Sears. They drive through unfamiliar neighborhoods armed with flashlights and fervor, searching for a telling detail of a specific model — the gabled roof of the Warrenton, the dormer windows of the Medford.

They pound the doors of strangers, seeking admittance to their basements, searching for exposed beams with telltale Sears assembly numbers.

"It's like King Tut and the Titanic," said Marilyn Raschka, who used to cover the bedlam of Beirut as a foreign correspondent and now lives in Hartford, Wis. "It's utterly fascinating."

INSIDE

Clothing creators look to carpet | 35



Tragic Day: Va. Tech student on shootings | 36

Kiss-Off: Gere sets off firestorm in India | 38



Laurie Flori and her husband, David, purchased a Roseberry model Sears home for \$18,000. Such "kit houses" were once sold to people across the country in the Sears catalog, below. The kits came with pre-cut lumber and 750 pounds of nails.

**OWNER CALLS THIS A JEWEL**

**The CARLIN**

No. 3031 "Already Cut" and Fitted.

**Home Kit \$1,172.00**

At the above price we will furnish all the material to build this five-room house, consisting of lumber, lath, roofing, mill work, flooring, porch ceiling, siding, finishing lumber, building paper, eaves trough, down spout, wash weights, hardware and painting material. We guarantee enough material to build this house. Price does not include cement, brick or plaster.

**THIS** house is somewhat similar in appearance and arrangement to our Lebanon Modern Home, illustrated on page 29. The exterior is quite pleasing and the balcony on the second floor is a much desired feature.

**First Floor**  
From the porch a glass door leads into the living room, which has an open stairway to the second floor. A fixed opening leads into the dining room and a swinging door into the kitchen. From the kitchen a doorway leads to the bathroom. There is a side door leading to the kitchen from the outside, so that it may be entered without passing through the other rooms.

**Second Floor**  
A stairway from the living room leads to two well arranged and good size bedrooms, each of which have closets. A bathroom is also located on this floor. A door can be substituted for one of the windows leading to the balcony of very little expense.

We furnish our best "Quality Guaranteed" mill work, described on pages 130 and 131. Interior doors are five-cross panel, with trim and flooring to match, set in beautiful grain and color. Windows are made of clear California white pine, with good quality glass set in with best grade of putty.

Our Guarantee Protects You—Order Your House From This Book  
Price Includes Plans and Specifications.

**SEARS, ROEBUCK AND CO. CHICAGO**

**Options:**  
Built on a concrete block foundation and excavated under entire house. We furnish clear cypress siding and water heavy fire-clad roofing. Framing lumber of No. 1 quality yellow pine.  
**Height of Ceilings** Basement, 7 feet from floor to joists, with concrete floor. First floor, 9 feet from floor to ceiling. Second floor, 8 feet 3 inches from floor to ceiling.  
Paint for two coats, including good choice of colors. Varnish and wood filler for interior finish. Detailed finish hardware, see page 179.  
**Sheet Plaster and Plaster Finish** to take the place of wood lath. \$88.00  
**Staircase Doors and Windows** \$27.45 extra.  
**Staircase Doors and Windows** Black wood, \$23.38 extra; polished wood, \$27.98 extra.  
This house can be built on a lot 30 feet wide.  
IN ESTIMATED AND SPECIFICATIONS for plumbing, hot water, steam or warm air heating system see second, white lot book, mentioning The Carlin Model House in your report.

"It's history," said Rebecca Hunter, a historian who lectures on preservation and lives in Elgin, Ill. "It's part of our heritage. And we have to do it ourselves because,

apparently, Sears threw out everything."

Flori, true to her nature, is a little more blunt. "The only way I can explain it," she says, and falls into

laughter, "is that it's like a cult."

All are fighting to identify and preserve whatever is left of the estimated 100,000 houses sold by Sears. It is not easy. No one knows where all of them are, because Sears destroyed most of its sales records. So, people like Raschka and Hunter and Flori rely on their wits to seek out houses and authenticate them.

The city of Carlinville is a special case. It encompasses nine blocks of nothing but Sears houses, the largest concentration in the country. The homes constituted a \$1 million order placed by Standard Oil of Indiana in 1918. The fuel giant purchased nearly 200 dwellings to house an influx of miners and managers for 400-foot-shafts it was sinking in southern Illinois.

Flori and her husband, David, moved to Carlinville in the 1980s from a nearby town. David Flori had grown up in the Addition, and he wanted to go home. They paid \$18,000 for a Roseberry model, with its wide front porch and an intersecting gable roof.

Flori remembers how some tried to talk her out of coming to this side of town. "People told us not to buy in the Standard Addition. They said, 'Oh, that's the slum area.'"

She wrinkles her nose.

"I set out to change that," she said. "A Sears home is something to be proud of." DEBORAH HASTINGS (AP)

# Pooches in Paradise

## Travel

### It's easier than ever to take your pets on a Hawaiian getaway

For years, visitors who wanted to bring their pets to Hawaii faced a four-month quarantine for the animals — and they had to pay for it.

But the rules changed in 2003, making it easier to avoid quarantine as long as other requirements are met to ensure that the animals are free of rabies.

As a result, arrivals of cats and dogs to the islands are up over 30 percent in three years, and hotels are responding to the trend by offering amenities for traveling pets.

The hotel services, most of which are geared toward dog owners, are great for visitors from out of state, but they also benefit locals who want to vacation with their dogs in Hawaii, or who want to take their pets back and forth to the mainland.

Elizabeth Taylor and Cameron



Kea, a 6-month-old bichon frise, relaxes at the Kahala Hotel and Resort in Honolulu.

Diaz are two of the higher-profile pet owners who have taken advantage of doggie services at the Kahala, one of Oahu's most luxurious hotels. But Larry and Valerie Wil-

son, who live in Hawaii, also got to experience the pet program on a recent stay at the Kahala when their pet bichon frise, Kea, was greeted by name by the bellman. The fluffy

white dog was then escorted to his room, where fresh-baked peanut butter biscuits with "Kea" inscribed on top awaited.

"It's always been a hassle when we want a nice weekend away and need to find a doggie sitter," said Valerie

**"It's always been a hassle when we want a weekend away and need to find a doggie sitter."**

VALERIE WILSON, AIEA RESIDENT

Wilson, a government worker from Aiea. "He's like our child, and we always want to bring him."

Nearly 9,000 dogs and cats arrived in Hawaii last fiscal year, up from about 7,650 in 2005 and just over 6,800 in 2004, according to the state Department of Agriculture. Already more than 5,600 have come to the islands in the first seven months of this fiscal year, while just 311 went through

the 120-day quarantine.

It's pet owners who make a sudden move to the islands or who fail to research the requirements whose animals end up in quarantines, said Dr. Isaac Maeda, manager of the animal quarantine station.

The Kahala resort manager, Tim Lee, started the dog program there last year after helping launch a similar pet-pampering program at the Beverly Hills Hotel in Los Angeles, where celebrities regularly brought their purse-sized pups.

"Even the dogs want to be pampered," said Lee. "It's all a matter of service."

The Kahala, 10 minutes outside Waikiki in one of the richest neighborhoods on Oahu, charges \$150 per pet. The hotel also offers dog walking, pet pillows alongside guest beds, and a card that guests can use to teach their dogs commands in Hawaiian.

At W Honolulu in Diamond Head, cats and dogs under 40 pounds are welcome. Owners pay an extra \$25 a day at the W plus a \$100 cleaning fee.

Upon arrival, they get special water bowls, pet-size beds and goodie bags packed with a raw-hide treat or chew toy.

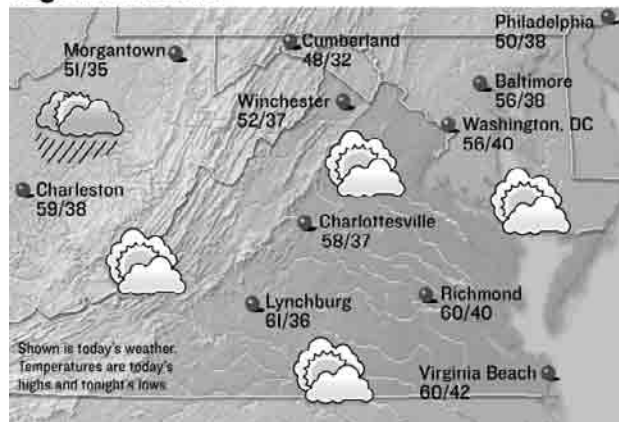
"It makes the experience for pets just like it is for humans," said general manager Lyle Takeuch.

BRIAN CHARLTON (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, windy, cool	Mostly cloudy, breezy, cold	Mostly cloudy	Mostly cloudy, cool	Partly sunny	Partly sunny
56°	40°	56° / 42°	55° / 41°	62° / 45°	62° / 45°

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High	47°
Low	42°
Normal high	67°
Normal low	46°
Average humidity	59%

#### Precipitation

24 hours ending 4 p.m.	0.07"
Month to date	3.96"
Normal month to date	1.46"
Year to date	11.83"
Last year to date	7.03"
Normal year to date	10.90"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

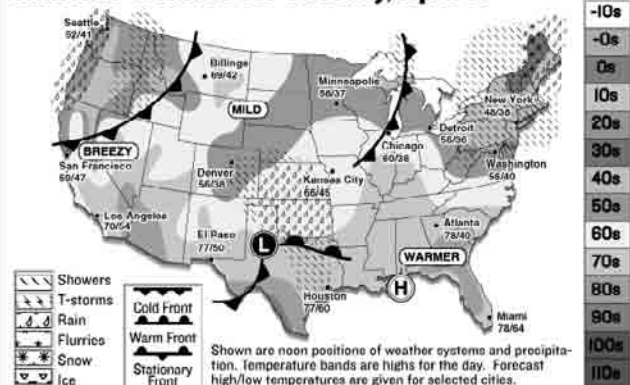
**D.C. Metro:** Today, windy, partly sunny. High 56. Wind north-northwest 25-35 mph. Tonight, increasingly cloudy. Low 40. Wind north 10-20 mph.

### Sun and Moon

Sunrise today	6:30 a.m.
Sunset tonight	7:47 p.m.
Moonrise today	6:18 a.m.
Moonset today	8:30 p.m.

New	First	Full	Last
Apr 17	Apr 24	May 2	May 10

### National Weather for Tuesday, April 17



### National Cities

City	Today	Wed.
Atlanta	78/49/pc	66/46/sh
Boston	42/36/r	46/34/c
Chicago	60/38/pc	50/35/pc
Dallas	70/53/t	71/56/s
Denver	56/38/pc	64/36/pc
Honolulu	84/72/sh	84/72/sh
Los Angeles	70/54/pc	69/50/pc
Miami	78/64/s	80/67/pc
New York City	48/38/sh	52/38/c
Orlando	80/55/s	79/61/t
Seattle	52/41/sh	52/39/sh

### World Cities

City	Today	Wed.
Amsterdam	59/45/c	59/46/pc
Athens	61/51/c	63/48/s
Berlin	68/41/pc	61/41/pc
Buenos Aires	77/66/c	78/65/c
Calgary	55/28/pc	42/24/sh
Dublin	59/43/pc	61/43/s
Geneva	74/47/s	70/46/pc
Moscow	59/42/pc	63/42/c
Rome	72/48/pc	70/48/s
Sydney	72/57/pc	76/65/pc
Tokyo	54/45/sh	52/46/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



# Styles | LOOK<sup>\*</sup>out



RICHARD DREW/AP

## More on the Floor

### Designers move from dressing your bod to primping your pad

You admired hip designer Nanette Lepore's peacock-patterned dresses, but they were so three years ago. Now you can resurrect the pattern for your floor.

Lepore has joined a growing list of fashion designers — Calvin Klein and Liz Claiborne (with Nourison), Oscar de la Renta (with elson & co.), Vivienne Westwood, Paul Smith, Diane Von Furstenberg, Lulu Guinness (with the RUG Company) — all translating their passion for fashion design to floor coverings.

Lepore recently introduced

a bold-patterned area rug with her peacock design for the Doris Leslie Blau carpet gallery in New York. The gallery also in early March unveiled two nautically inspired rugs designed by Tommy Hilfiger (one blue with white anchors, the other navy with a red chain-link pattern).

In a phone interview, Lepore said she was approached by the carpet folks and is happy she did the project, especially since she now has one of her rugs in her own living room.

"The way it transformed my living room with color and a bold pattern, it would be fun to do more of that," the designer said. In fact, she's considering design-



NOURISON

**STYLE GUY:** Designer and T.V. personality Thom Filicia, left, with rugs designed by Calvin Klein; at bottom, a Liz Claiborne-designed carpet.

ing another rug for her pool table area that the public may see in stores some day.

What do those in the world of interior design think about fashionistas stepping in?

"I believe good design is good design, and a good designer is a good designer," said Thom Filicia, best known as the design expert on the television series "Queer Eye For the Straight Guy."

But would he recommend consumers start buying area rugs based on what's in their wardrobes?

Filicia said he wouldn't go that

**"A good designer can transcend from the area they are focused on into other areas."**

THOM FILICIA, DESIGNER

far. Still, he has a new show on the Style Network called "Dress My Nest" in which he will use fashion as a springboard to help folks figure out interiors.

"I do think there's a relationship. Saying you want to match your house to your clothes is too literal but clothes do indicate your point of view, your aesthetic," he said.

Designer Lepore said what was appealing to her about designing rugs was that rug patterns have a longer shelf life.

"People don't change their homes as much as they change their closets," she said.

As for the trend of fashion designers stepping into rug design, she said, it brings "a fresh eye" and new brands that will create more interest. Julie Rosenblum, brand manager for Nourison, the manufacturer of the Calvin Klein and Liz Claiborne carpets, agreed.

"In this day and age, people associate certain looks and concepts with fashion designers," Rosenblum said. "It's reaffirming to the consumer that the product has a point of view and they understand that point of view." FRAN GOLDEN (AP)

## Beauty



### We'll Take the Frizz

Milk is best when it's either chocolate or in coffee. It is not best when it's the new **GARNIER FRUCTIS STYLE SMOOTHING MILK** (\$4, drugstores). Using it on towel-dried hair weighed everything down — no frizzies, but no body, either. Using it on dry hair just made our tresses oily and kind of nasty. So, we guess it was shiny, in the sense we were so oiled up we felt like we swam in salad dressing. It smelled nice, though. But a lot of things smell nice that don't make you look like a wet poodle.

KRISTEN PAGE-KIRBY (EXPRESS)

## Beauty

### One Lovely Lippy

We cannot stand sticky. Yet we love lip gloss. Which pretty much means we own more than a dozen glosses, none of which we wear. So, we're pretty

pleased with Revlon's new **SUPER LUSTROUS SHINY SHEERS** (\$8, drugstores). The thin tubes mean you won't end up with off-lip color, but the formula has much more shine than a regular lipstick. Not as much as a gloss, maybe, but we'll forgive that, since it combines non-sticky with a lip-balm-like moisture. Just a note: The colors are wildly lighter than they appear



in the tubes. Sheer Plumdrop, the shade we tried, looked like chocolate-red wine fondue, but went on a pleasant berry tone. K.P.K.

# LOOK<sup>out</sup> Online


[readexpress.com](http://readexpress.com)

## site specifics

### STYLES

#### Espadrille Escapades

Once a style reserved for French paupers and Martha's Vineyard's finest, rope-bottom shoes have found their way into a more popular niche. Express' Jennifer Barger lays out the best ways to wear your espadrilles this summer, so at least your feet look good when you're lying out. | [ONLINE NOW](#)



### FREE RIDE

#### Canned Goods = Free Ride

Manna Food Center and Ride On have teamed up to help hungry residents in Montgomery County. All this week, you can get a free trip on any Ride On bus with the donation of a non-perishable food item. Do your part, without extending your morning commute. | [COMING UP](#)

### GAMES

#### Calling All Wordsmiths

You obsessively circle misspellings in newspapers. You can't understand how someone would misuse "that" and "which." It's all you can do to keep from correcting co-workers' grammar. Take a moment today to work on our online crossword puzzle. Get to it on our homepage, bottom left. | [ONLINE NOW](#)



## comment board

**“Not only is he not** trustworthy, but no one in the entire administration is. I believe when all is said and done when King George finally abdicates, there will be so much muck uncovered that the Teapot Dome scandal and Watergate will pale in comparison.”

**MDTELETOM**, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU CONSIDER ALBERTO GONZALES TO BE TRUSTWORTHY?," BY COMPARING THE U.S. ATTORNEYS FLAP TO PAST SCANDALS.



**“Mr. Gonzales** needs to learn that there is a difference between being President Bush's personal lawyer and being the chief law enforcement officer for the country. It doesn't appear that he knows how to make that differentiation.”

**JAYBONES**, COMMENTING ON THE CLOSE PERSONAL RELATIONSHIP BETWEEN THE PRESIDENT AND HIS ATTORNEY GENERAL.

## poll center

### TODAY'S QUESTION

**Can anything be done to prevent shooting rampages?**

1. Yes
2. No

### YESTERDAY'S RESULTS

**Do you consider Alberto Gonzales to be trustworthy?**

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.

**NO**  
79%

**YES**  
21%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

## Blog LOG

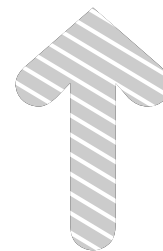
**“Paying taxes sucks. Paying self-employment taxes when you haven't paid estimated taxes all year sucks really, really bad.”**

**DCFULLEST.LIVEJOURNAL.COM** DID NOT HAVE A FUN WEEKEND FINISHING TAXES.



**“He's just throwing up a cloud of words and hoping that by the end of 24 pages no one will catch on to all the things he didn't say.”**

**LEFT-LEANING BLOG IIIS.ORG** SKEWERS A 24-PAGE DOCUMENT IN WHICH ATTORNEY GENERAL ALBERTO GONZALES DISCUSSES THE CONTROVERSIAL FIRING OF U.S. ATTORNEYS.



**“IT'S FUNNY** that Avril Lavigne actually believes she doesn't get as much attention as Britney Spears because she's being crafty and avoiding the press. The only way she could be any more deluded is if she put on an old-fashioned general's hat and started thinking she was Napoleon.”

**THESUPERFICIAL.COM** RELAYS AN MSNBC GOSSIP ITEM ABOUT AVRIL LAVIGNE'S TACTICS FOR AVOIDING THE SPOTLIGHT.

**“HER NEGATIVES** still have not receded, and the likelihood of her winning a general election depend greatly on the Republicans' nominating a stiff.”

**CAPTAINSSQUARTERSBLOG.COM**, A RIGHT-LEANING BLOG, NOTES HOW SEN. BARACK OBAMA IS SKIMMING OFF SOME OF SEN. HILLARY RODHAM CLINTON'S KEY DONORS.

**“THANK YOU** again, WMATA, for continuing to justify the corporate need for an obligatory 15- to 20-minute buffer period in arriving on time to work.”

**SUBWAYSTATE.COM** COMPLAINS ABOUT METROBUS SERVICE ON THE G8 ROUTE IN D.C.

## Live Online

### Va. Tech Tragedy

**ANTHONY DELLA CALCE**, executive editor of Planet Blackburg, a news Web site run by Virginia Tech students, was online Monday to discuss the campus shootings.

**I was on campus at Florida State at the time of the Bundy killings.**

**I sat next to a man in an office in Denver who had two children in the cafeteria at Columbine. Neither of these was close to what has happened today. I cannot imagine how a campus can return to normal after something like**

**this. What can be done to help the people at Tech come to grips with this event, if anything?**

I think it's going to take time. This affects a lot of people in many different ways — ways that probably not all of us can comprehend right now. I think the Virginia Tech community and all those affected are going to have to lean on each another for support. The healing process is going to have to be a group effort.

**How do you feel about the lack of communication to the students and those on campus about the first shooting?**

I think it's too early to criticize the university. We don't have all the facts about what they did and what they

were doing behind the scenes.

**What is the mood of the students in your dorm? What kinds of questions are they asking?**

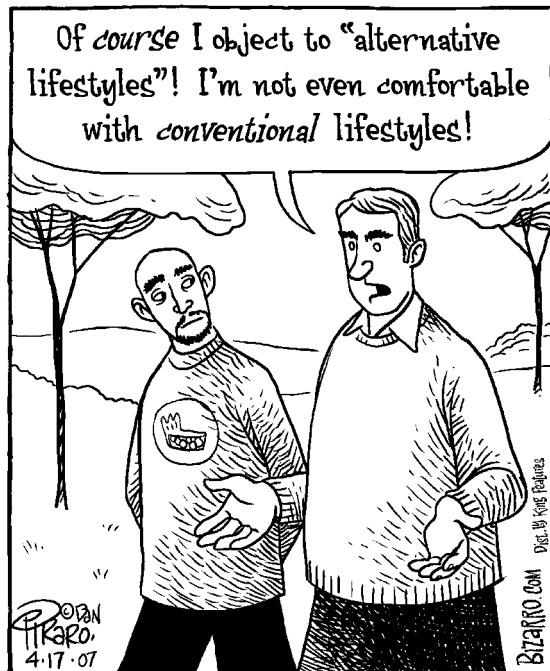
My roommate and I have just been trying to take all this in. Like everyone else, we initially tried to contact our family and friends and make sure everyone was all right. So far, everyone I know is OK. I think it's a general mood of shock and disbelief. I think everyone in the Tech community is still trying to comprehend what has happened here.

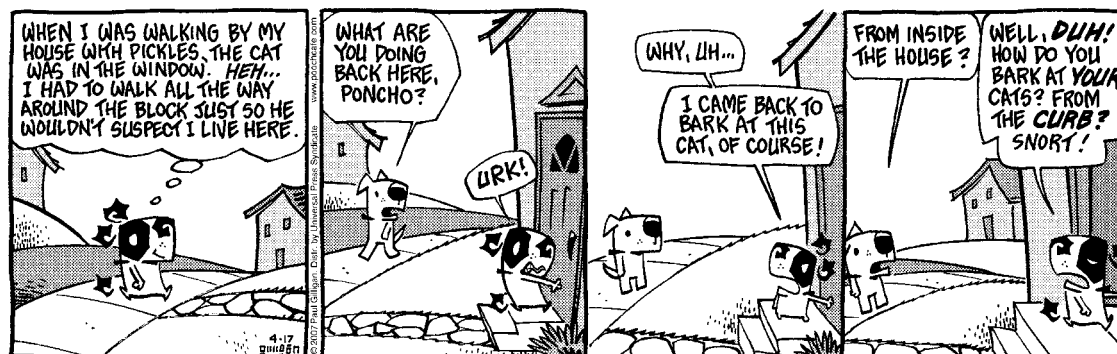
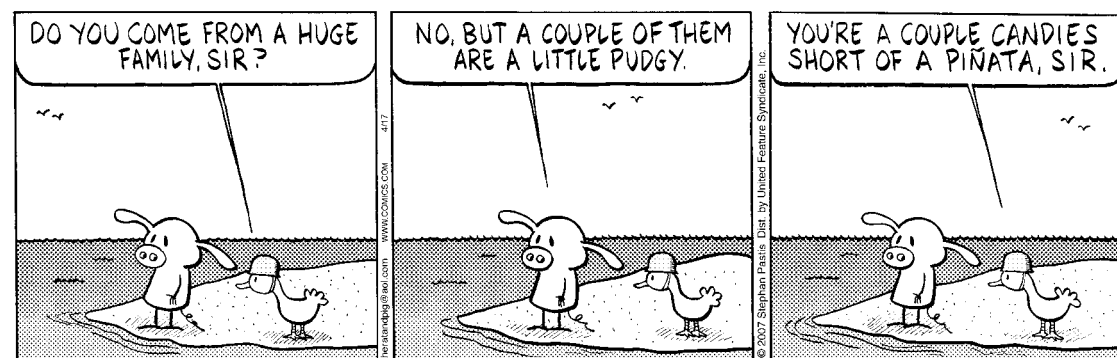
**TODAY ON LIVE ONLINE:** Personal trainer and writer Lennie Magida and the Health section's Susan Morse discuss health and fitness at 11:30 a.m. | [washingtonpost.com/](http://washingtonpost.com/)

# DO

**PAY YOUR TAXES.** If you are reading this, it is not too late — unless you have a tendency to read Express a few days late. But come on, you received an extra two days this year, so avoid that extension. Forms can be downloaded ([www.turbotax.com](http://www.turbotax.com)) and filed electronically to beat post-office lines.



**Bizarro** | Dan Piraro

**Cornered** | Mike Baldwin

**Pooch Cafe** | Paul Gilligan

**Pearls Before Swine** | Stephan Pastis

**The Duplex** | Glenn McCoy


## Horoscope

*By Stella Wilder*

**ARIES (March 21-April 19)** You'll be in danger of losing your cool on numerous occasions. Self-control is not only advisable; it's essential.

**TAURUS (April 20-May 20)** You've been working on a project that has been giving you fits of late. You may well discover a light at the end of the tunnel.

**GEMINI (May 21-June 20)** A new attraction may lead you to change your mind about something you've believed in very strongly for some time. Avoid self-criticism.

**CANCER (June 21-July 22)** It may fall to you to resolve a conflict that arises between two individuals who claim to be supporting a common cause.

**LEO (July 23-Aug. 22)** Others are no doubt seeking your involvement in pet projects of all kinds. Consider what benefits you will reap in the long run.

**VIRGO (Aug. 23-Sept. 22)** You'll insist that those who want to get closer to you do it through common interests and a desire

to get more done than usual.

**LIBRA (Sept. 23-Oct. 22)** Your energy and enthusiasm will certainly not go unnoticed, and can only win you respect, admiration—and an unexpected opportunity.

**SCORPIO (Oct. 23-Nov. 21)** Give attention to others, and you'll get attention in return. A profitable, memorable day depends on a healthy give-and-take.

**SAGITTARIUS (Nov. 22-Dec. 21)** Take care you do not spend more than you have. Other resources, too, must be guarded with care at this time.

**CAPRICORN (Dec. 22-Jan. 19)** What begins as a farfetched idea is something you're likely to take much more seriously later on. Don't rule out anything just yet.

**AQUARIUS (Jan. 20-Feb. 18)** You may find yourself in a new position of sorts, and discover that the need for cooperation and compromise is greater than expected.

**PISCES (Feb. 19-March 20)** You may have to endure perhaps more than your share of solitude, but you can reap many benefits from it, especially if you maintain self-discipline.



Apollo 13 astronauts Fred Haise, Jim Lovell and Jack Schweigart landed safely in 1970.

## Today in History

**1521** Martin Luther goes before the Diet of Worms to face charges stemming from his religious writings. (He is later declared an outlaw by Holy Roman Emperor Charles V.)

**1790** American statesman Benjamin Franklin dies in Philadelphia at age 84.

**1861** The Virginia State Convention votes to secede from the Union.

**1961** About 1,500 CIA-trained Cuban exiles launch the

disastrous Bay of Pigs invasion of Cuba in a failed attempt to overthrow the government of Fidel Castro.

**1964** Ford Motor Co. unveils its new Mustang model at the New York World's Fair.

**1969** A jury in Los Angeles convicts Sirhan Sirhan of assassinating Sen. Robert F. Kennedy.

**1970** The astronauts of Apollo 13 splash down safely in the Pacific, four days after a ruptured oxygen tank crippled their spacecraft.





It's nice to see the Hubble Space Telescope being put to such good use.

## ELABORATE

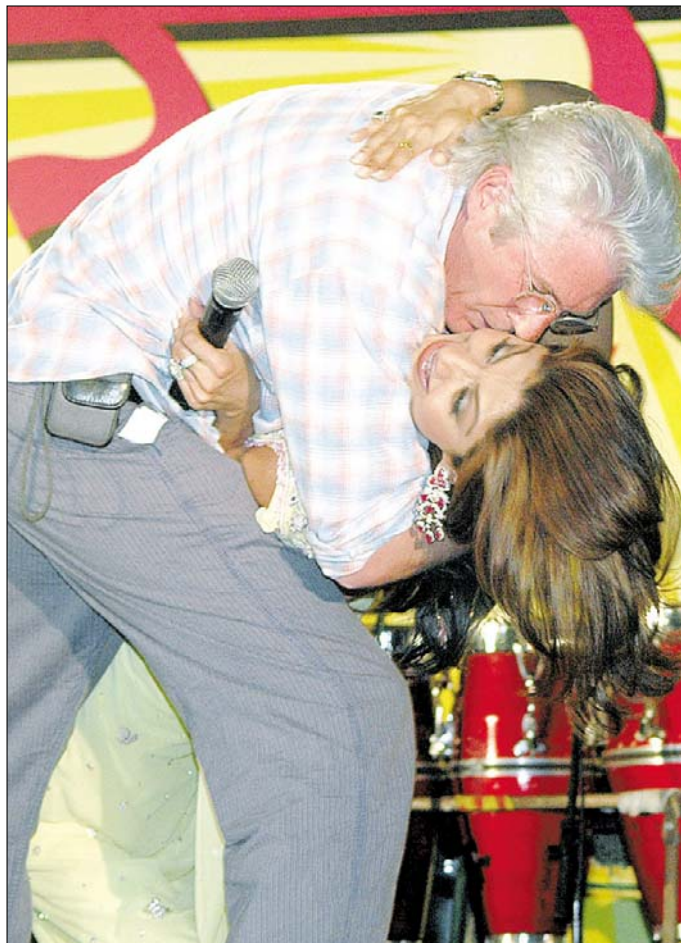
### Madonna's Arrival in Malawi Visible From Earth's Orbit

**MADONNA** flew to Malawi Monday to continue her charity work in the southern African country, bringing along the Malawian boy she is in the process of adopting. The 48-year-old pop star, wearing a baseball cap, carried David Banda down the steps of the jet. Her three-vehicle motorcade then drove off at top speed to a luxury lodge, followed by journalists. (AP)

## YAY

### Recovering Regis Returns To Kelly's Side in Late April

**REGIS PHILBIN** says he'll return to his syndicated daytime talk show April 26, about six weeks after having triple heart bypass surgery. Philbin called "Live With Regis and Kelly" on Monday to say he'd been "through the wars" in his recovery but was building up strength by walking and lifting light weights. (AP)



## BURNING CELEBRITIES IN EFFIGY

# We Could Really Get Behind This

Angry crowds in several Indian cities burned effigies of **RICHARD GERE** on Monday after he swept **SHILPA SHETTY**, a popular Bollywood actress, into his arms and kissed her several times during an AIDS awareness event. In Mumbai, members of the right-wing Hindu nationalist group Shiv Sena beat burning effigies of Gere with sticks. (AP)

## SALES Imagine What a Sex Tape Would Go For!

Nude photos of **KATE MOSS** will be sold at an auction in London next month among a series of other pictures of the British supermodel. The photos will be auctioned May 31, Christie's said Monday. Two nude portraits, a 1996 print by Irving Penn and a 6-by-6-foot square image



Even without makeup, she's worth \$40,000.

by Albert Watson, are expected to sell for about \$44,000 and \$30,000, respectively.

A set of six prints of Moss without makeup, taken by Chuck Close, could sell for up to \$40,000. An unpublished photo, sold by one of the 33-year-old's friends, is expected to sell for about \$12,000. (AP)

## CARPETBAGGERS

### Irish Economy Recenters Around Frivolous Libel Suits

**JENNIFER LOPEZ** and husband **MARC ANTHONY** are suing the National Enquirer in European courts over the tabloid's claims they were linked to a drug scandal, their Belfast lawyer said Monday. Paul Tweed, who specializes in bringing U.S.-based celebrity libel cases to British and Irish courts, said Lopez, 38, and Anthony, 37, were seeking "a six-figure settlement" from the Enquirer, based in Boca Raton, Fla. (AP)



J.Lo and Marc plan to buy a home in Ireland for their "litigation vacations."

## COUPLES

### Like Tom and Katie, Only Really Freaking Scary

Marilyn Manson, 38, is dating 19-year-old actress **EVAN RACHEL WOOD**, People magazine reported. "I've found my double, my twin, my new girlfriend," he told a French newspaper. They met when Manson cast Wood in his horror film "Phantasmagoria: The Visions of Lewis Carroll." (EXPRESS)



His latest inexplicably hot acquisition.

Volunteers needed for a medical research study of an investigational vaccine for the prevention of HIV infection.

To be eligible for this study you must be:

- Between 18–50 years old
- In good health
- HIV negative
- At low risk for contracting HIV

Participants will receive compensation

MFA

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# LOOK out

## To and Fro

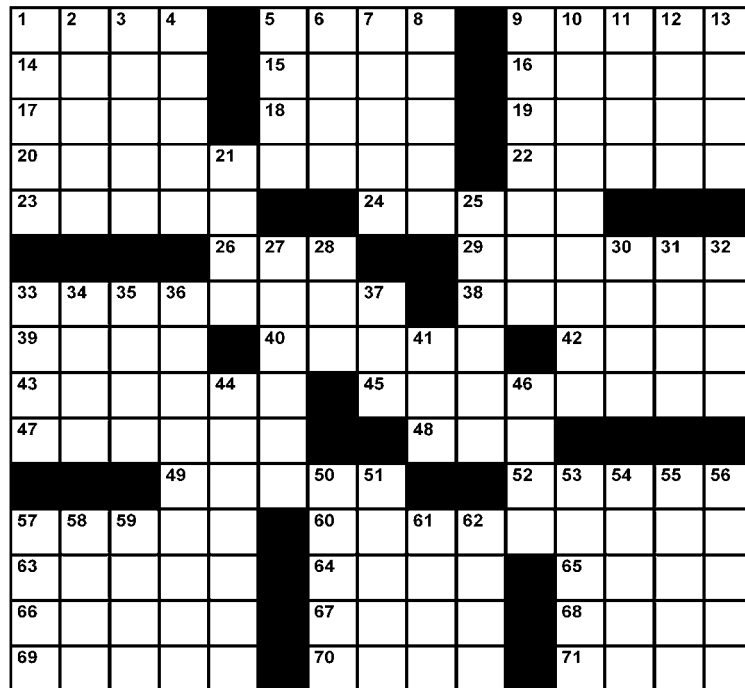
### ACROSS

1 It tops some lists  
5 Talks one's ear off  
9 Natural dos  
14 Foreign car make  
15 Word with hygiene or exam  
16 Unwary  
17 Cry weakly  
18 Famous portrait model name  
19 Some juice from a press  
20 Inn fare  
22 "Goodnight, \_\_\_\_" (1950 hit)  
23 Authority to decide  
24 Archipelago feature  
26 British corp. designation  
29 Far from uninterested  
33 Over the first floor  
38 Condition of equilibrium  
39 Clairvoyant  
40 Proofreader's discoveries  
42 Grist for some processors  
43 Spread the gospel  
45 Better than average  
47 Dessert not for the diet-conscious  
48 Blood-pressure raiser  
49 Exam part, sometimes

52 Event in a ring  
57 Ore corridor  
60 Basketball tactic  
63 Having melodic harmony  
64 Fare-well link  
65 Pro \_\_\_\_ (proportionately)  
66 Movie Hall of fame?  
67 Lengthy time units  
68 "Now \_\_\_\_ me down to sleep..."  
69 Uncle Sam characteristic  
70 Retinal cells  
71 Tu-144 and Concorde, once

### DOWN

1 Burial chambers  
2 "Carmen," e.g.  
3 Loser to Truman  
4 Earthen water jars  
5 It involves a lot of Sunday drivers  
6 Highlight of 2-Down  
7 Bad men of opera, often  
8 Bed stiffeners  
9 Antiquated  
10 Equitable deal  
11 Tease mercilessly  
12 It's hot in here  
13 Like desert growth  
21 Coke nut?  
25 Landlord, e.g.  
27 Charitable fractions  
28 Lacking moisture



30 Quickly, quickly  
31 Pocket sandwich bread  
32 Peter the Great, e.g.  
33 Package delivery org.  
34 Tacna's country  
35 Witnessed  
36 Exhibit for an industry  
37 Place to be pampered  
41 Shogun's sash  
44 Protected the king, in a way  
46 Run or hide, e.g.  
50 End of a fairy tale

### Yesterday's Solution



## Su | do | ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see [www.sudoku.com](http://www.sudoku.com)

### Yesterday's Solution

8	6	2	7	9	4	5	1	3
5	9	4	2	3	1	6	8	7
7	1	3	8	5	6	9	4	2
1	4	5	6	7	2	3	9	8
9	7	6	5	8	3	1	2	4
2	3	8	1	4	9	7	5	6
6	8	7	4	1	5	2	3	9
4	5	9	3	2	7	8	6	1
3	2	1	9	6	8	4	7	5

### Need more Su | do | ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

7	2		6		5		8
			3	4			
	1					3	
		9			8		
2			5		3		1
		6			4		
	8					6	
			2	1			
4	1		7		3		9

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(MON/WED, 6:30-9:30 P.M.)

**Professor: David L. Thomas**, senior intelligence official, Department of Defense.

### ECONOMIC STATECRAFT AND CONFLICT (MON/WED, 6:30-9:30 P.M.)

**Professor: Norman A. Bailey**, former Senior Director of International Economic Affairs, National Security Council; formerly with the Office of the Director of National Intelligence.

### HISTORY OF AMERICAN FOREIGN POLICY (TUE/THUR, 6:30-9:30 P.M.)

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### LATIN AMERICA: POLITICS, ECONOMICS AND SECURITY

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**Professor: Juliana Geran Pilon**, former Vice President, International Foundation for Election Systems, and member, Council on Foreign Relations.

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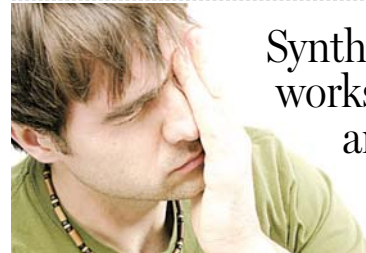
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## Wash That Man Right Out of Your Hair

**Q** I recently learned that a guy I dated for a year was living with another girlfriend during that time. I found e-mails between him and his mom about how he was thinking of asking this woman to marry him. He adamantly denied it. Of course, for me that was the end of things. Even though it's been a couple months, he still e-mails or calls me almost every day, telling me how much he cares for me and that I misunderstood everything. I've changed my cell phone number, but he still calls me at work. Why couldn't he just admit that he made a mistake and move on? I don't want to be in his life. Why is he still doing this? And how do I make him stop? — NO NAME, PLEASE

He's doing this for the exact same reason he double-timed you in the first place — he wants to have his



ERIC REECE

cake and eat it, too, and, additionally, he's put in a side order for a vat of brownies.

Bravo to you for cutting ties. Regardless of who he's deceiving most — Vegas odds would say his

mother — it is clear he's not operating by the same set of emotional rules as the rest of us. Someone who has the audacity to live that kind of double life is not likely to suddenly come down with a

case of honesty and humility. It's doubtful that he values people's feelings in the same way that most humans — or even particularly sensitive aardvarks — do. He wants to "win" you back so that he wins.

You must also let him know very clearly that his attention is unwelcome. If he fails to heed your requests for space or for one nano-second makes you feel concerned about your security, I urge you to look into possible legal action. Those who try to "collect" people like trophies are not exactly known for respecting others' dignity.

**Q** A friend of mine recently got some good news, whereas I'm not having any luck in that department. Her news felt like a kick in my gut and, though I pretended to be happy for her, I had to go out to my car to cry. I feel awful for behaving this way. How can I handle this? — D.C.

It's arguably most human — and healthy — to acknowledge your feelings and let them have their moment, day or week. Feelings are sort of like those third and

fourth chimichangas, in that if you pretend they're not inside of you, they'll just get louder and more forceful. You can still want the best for your friend while also feeling stung when she gets some-

**He wants to "win" you back so that he wins.**

thing you're having trouble attaining. Be respectful, but let yourself be sad and get some space. By giving your feelings some breathing room, they'll serve their purpose and be quicker to skedaddle, as they'll no longer be needed.

**Q** Where can I read more Dr. Andrea?

Starting Wednesday, Dr. Andrea will be blogging weekly about psychology at [readexpress.com](http://readexpress.com). She won't be answering questions, but attacking issues affecting how our brains and personalities tick — in her own fun way, of course. — THE EDITORS

Send your mental health and emotional wellness questions to Dr. Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.



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## Eat Well With Weil

**JUST THINKING ABOUT** what you put in your pots isn't enough these days. Start stressing about the pots themselves. Because aluminum has been linked to Alzheimer's disease, Dr. Andrew Weil has expanded his booming wellness empire into "The Healthy Kitchen." Named for his book of the same title, the cookware line features steel pots and pans (with aluminum cores), as well as electronics such as a juicer and a slow cooker. Prices vary, from \$70 for a toaster on up to \$800 for a 12-piece set, and they're only available at Bloomingdale's.



## Pills With Skills For Your Ills

**YOGURT'S STRANGLEHOLD** on probiotics continues to slip. The friendly bacteria that aid digestion have been infused into Multibionta vitamins (\$17, CVS). A "gas-tro-protective coating" promises to keep the little guys safe until they dive deep into your intestines. With 10 million of 'em in each pill, you can ditch the Dannon.

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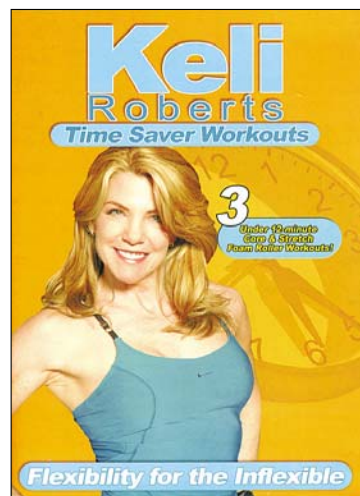
## Fever Yields An Awful Flavor

**SOME SKEPTICS WILL TELL YOU** that medicine is 90 percent belief. While we don't normally agree, we do when it comes to drinks that make absurd claims. Like Fever, a "stimulation beverage" with purported aphrodisiac effects (\$30 for a 12-pack, feverusa.com). All that could make this stuff work is faith.

First of all, Fever is just a standard energy drink with a few weird ingredients, like "horny goat weed." It is, therefore, highly caffeinated, so if you plan to go to sleep after your assignation, this is not a wise libation choice. Because we didn't want to stay up all night, we drank Fever in the car on the way to work. Suddenly, the dashboard seemed smolderingly attractive, despite its thick coating of dust. Just kidding! Nothing happened, other than gagging. If you think the taste of vomit is sexy, then Fever is for you. (EXPRESS)

## On a Roll Toward Better Flexibility

**DESPITE THE TITLE**, Keli Roberts' "Flexibility for the Inflexible" (\$15) won't have stiff folks suddenly doing the splits. The DVD's three quickie routines (which can be combined into a half-hour session) are more about massaging the muscles than pushing the pain. But sometimes a tired body demands a soothing workout. Every exercise requires a foam roller (the Aussie instructor loves her toys — she has another new DVD with all stability-ball moves), and many of them involve engaged abs, so you can squeeze in a core workout while targeting your tight hamstrings.



## Spoil Yourself, Not Fruit

**FRITO-LAY HAS CHanneled ITS GUILT** over making the U.S. fat into Flat Earth Fruit and Veggie Crisps. More dense and crunchy than other health chips, they come in six exotic flavors; our faves were Peach Mango and Tomato Ranch. Each serving of the rice- and potato-based chips contains 1/2 cup of fruit or vegetable matter — apples in the fruit crisps and pumpkin in the others, even though none is pumpkin-flavored.



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# Run Away With a Win

Improve your race time this season with these three techniques

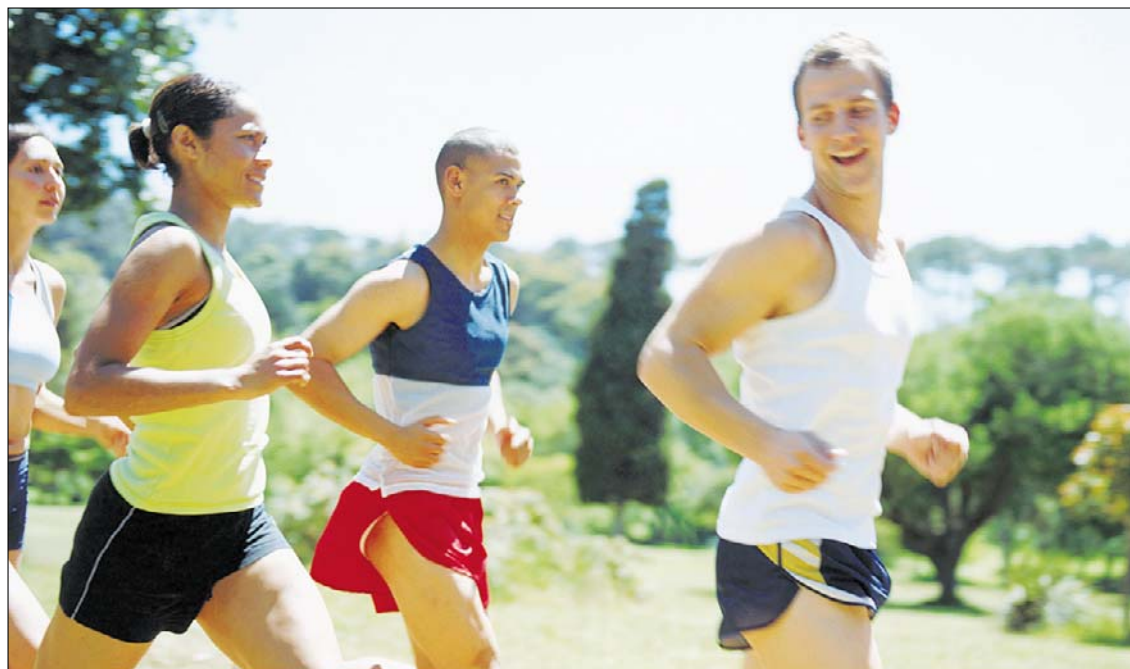
**Getting to the finish line is OK, but it's beating your buddy there that can make running seem even more worth it. So, with race season around the corner, ambitious athletes are looking to pick up the pace.**

That need for speed could backfire, though. Going too hard, too fast, can lead to a slew of injuries, from shin splints to muscle pulls, which can sideline runners for a few weeks to a few months. "People do speed workouts incorrectly," says Bart Yasso, an editor at Runner's World magazine. "They use the word 'speed' thinking they have to run all-out or as fast as they can, and that's why people get hurt."

Beginners need to start by examining their form, says Ray Pugsley, a coach for the Potomac River Running Club ([prunningclub.com](http://prunningclub.com)). Even if you're in shape, you're sunk without correct running posture. You should be leaning gently forward, with your feet striking the ground beneath your body, not way out in front. Pump each arm in rhythm with the opposite leg.

Once you've handled the biomechanical issues, you can focus attention on the three main styles of speed training: fartleks, intervals and tempos.

Fartlek, in addition to being one of the best words ever (it means "speed play" in Swedish), is the easiest way to start improving race times. And all it takes is running extra-fast for a few brief intervals during your regular jog.



"Fartlek goes back to that nice young kid who is running around and says, 'I'll race you to that tree.' That's a great form of natural running," says Bob Grumbine, a coach for the Prince George's Running Club ([pgrc.org](http://pgrc.org)). "You push the speed down to the next tree or mailbox, then walk or jog for a while until you're back in control and you see the next interesting tree to run to."

For a more formal approach, many runners rely on interval training, which is often done on a track or other measured course. "Classically, you run repeat quarter-miles," explains Kevin Beck, editor of "Run Strong" (\$18, Human Kinetics Publishers), which focuses

## RACE TO REGISTER

→ **PIKE'S PEAK 10K** (April 29, 8 a.m., \$28, [mcrrc.org/races/PikesPeak](http://mcrrc.org/races/PikesPeak)). There's no Heartbreak Hill on this course, which follows Rockville Pike and slopes downward as you head from the Shady Grove Metro station to White Flint Mall.

→ **SALLIE MAE 10K** (May 6, 8 a.m., \$30, [www.thesalliemae.org/smfnew/10k](http://www.thesalliemae.org/smfnew/10k)). Help D.C. public school students get to college while enjoying a scenic trek from West Potomac Park to Haines Point and back.

→ **BATTLE OF THE BOULEVARD 10K** (May 12, 8:30 a.m., \$22, [battleoftheboulevard.com](http://battleoftheboulevard.com)). If you've long dreamed of racing along Wilson Boulevard, you'll get your chance with the debut of this race course, which covers most of the Rosslyn-Ballston corridor (and part of Route 110, too).

→ **CAPITOL HILL CLASSIC 10K** (May 20, 8:30 a.m., \$22, [capitolhillclassic.com](http://capitolhillclassic.com)). You'll feel like king or queen of the hill on this course, which winds from Stanton Park down Massachusetts Avenue, around RFK Stadium, then loops back to the Capitol. And you'll also support the Capitol Hill Cluster School.

→ **NATIONAL RACE FOR THE CURE 5K** (June 2, 8 a.m., \$35, [nationalracefortheCure.org](http://nationalracefortheCure.org)). Beginners won't feel intimidated participating in this race, which starts after a rally on the Mall and raises funds for Susan G. Komen for the Cure.

on teaching runners to safely build speed and endurance. "You run at race pace or faster, then do a walking or jogging recovery for that distance."

Although it might be tempting to push yourself even harder, Yasso recommends staying within 90 percent of your maximum heart rate: "You should always finish the workout thinking you could do more if you had to."

**Finish every workout thinking you could do more if you had to.**

Determining your limits is also critical for tempo runs — workouts in which the pace remains steady for the duration. You attempt to achieve a speed just below the lactic-acid threshold, where your breath changes dramatically, and stick with it. "If you stay just on the edge of that red line, you can get an awful lot of quality work in by training your body to deal with the metabolic waste products of running hard," says Beck. "Yet you're not running so hard you'll be beat up the next day."

With all the different kinds of speed workouts runners can choose from, it's easy to get overzealous. Grumbine says speed training should be only a once-a-week event for beginners. And he cautions against becoming too attached to a single type. "Anytime you spend too much of your time on one thing, you get very good at it at the expense of your athletic flexibility," he says.

JESSICA MILCETICH (EXPRESS)

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**TRULY OUTRAGEOUS:** Instructor Juli Calderon, left, wearing a Jem shirt, teaches her students unique fusion choreography.

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**You've break-danced, popped and locked, b-boyled and gotten krunk. But you probably haven't yet experienced the newest twist on hip-hop, a fusion incorporating Latin, the other hot dance trend around.**

**WHAT IT IS:** Instructor Juli Calderon knows her traditional hip-hop. She's opened shows for Lil' Kim and Missy Elliott and toured internationally with Mya. "But I love my Latin roots," says the dancer, who moved here from Colombia as a child.

Her choreography blends her heritage into her moves, and she started her class at Joy of Motion to show others how to do it.

Although the music she plays comes from way down south (reggaeton, Latin pop, etc.), this isn't actually how Latin Americans dance to hip-hop, she says. Her style is still heavy in North American attitude, which her fellow countrymen don't quite get. "It's just not native to them," she says.

**MOVES:** Salsa and samba often weave their way into Calderon's routines, but her biggest influence is the cumbia. The Colombian folk

dance evolved from a courtship ritual among African slaves; small, heavy foot movements mimic shackles, while sexy hip gyrations stem from the dance's seductive nature. Don't expect to stick to one style for long, though. "We'll do a tango step and then jump like we're shooting a basketball," she says. Although the combination might not seem natural at first, with the right attitude, it can be seamless.

"We take a salsa step and we bounce with it," she explains. "It's about how you do it."

**WORKOUT:** Stopping to go over complex footwork keeps many students in dance classes from achieving their fitness potentials. Calderon skirts this issue with a lengthy warm-up that's more about muscles than movement. For almost half an hour, you'll do enough variations of push-ups and sit-ups to feel confident that you've fulfilled your daily fitness duties. ("Yeah, I know it hurts," Calderon encourages.) And then, of course, there's the dance portion of the class, which isn't exactly sitting around.

**GARB:** Traditional dance clothes will make it easier to do the moves

— think stretchy fabrics, sneakers, shirts that won't fly up and reveal too much when you're grooving — but pretty much anything goes. Calderon was sporting boots in the Ugg genre at a recent class, and she made them seem like a totally reasonable choice.

**CROWD:** The class is listed for levels 1 and 2, so novices and more advanced dancers will feel comfortable. "It's not so hard that you can't get it, but it's not baby steps, either," says 26-year-old student Maryanne Ogunbolu, who's more of a beginner. ("I won't be on stage with Mya any time soon," she jokes.) It helps that Calderon encourages camaraderie by having groups of students perform in the dark (it's not pitch-black, but dim enough to loosen inhibitions), while the others cheer them on. And although guys are welcome, Y chromosomes are rare at the studio. Apparently, something about the hip-shaking doesn't sit well with men.

VICKY HALLETT (EXPRESS)

**Latin Hip-Hop:** Joy of Motion's Bethesda location, 7315 Wisconsin Ave., Suite 180E (the Air Rights Building, East Tower). Metro: Bethesda. Tues. 6:30 p.m.-7:30 p.m. A single class is \$14, multi-class passes also available. For more info: joyofmotion.com or 301-986-0016.

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# Walking the City Lines

Step to it with Cultural Tourism DC's weekend of free city tours

It's easy to mock tourists — and oh so fun! — but the fact of the matter is that trekking all over town with a digital camera, water bottle and five guidebooks is a pretty decent workout. (Even better? Getting lost and wandering a few extra miles.)

So, pull out your fanny pack and prepare for Cultural Tourism DC's WalkingTown event this Saturday and Sunday. With more than 60 free foot and bike tours taking place in all four quadrants, you can burn calories while learning new facts about a few neighborhoods. For the full schedule, check [culturaltourismdc.org](http://culturaltourismdc.org), but here's a list of the ones most likely to help you break a sweat.

**ANACOSTIA BY BIKE:** The River and the Ridge (Sat., 8:30 a.m.-12:30 p.m., meet at the Harbor Police parking lot on Water Street SW) Don't forget your helmet — or your stamina — for this 26-mile trek along the Anacostia River Walk Trail and Potomac Ridge, with stops at the Frederick Douglass National Historic Site and the Anacostia Community Museum. (Another Anacostia by Bike tour leaves at 9 a.m. from 1100 Maine Ave. SW, but this shorter ride follows the future Anacostia River Walk Trail.)

**BLACK GEORGETOWN HIKE:** (Sat., 10 a.m.-11:30 a.m., meet outside the Old Stone House, 3051 M St. NW) A National Park Service Ranger



Feel free to ask the tour guides questions as you burn calories seeing our fair city.

takes you through historic Herring Hill (gotta love an incline), a section of Georgetown that served as the home to more than 1,000 black

families during the 19th century. The 15-block section encompasses the easternmost part of the area south of P Street.

**EMBASSY ROW:** (Sat., 10 a.m.-noon, 11 a.m.-1 p.m., 1 p.m.-3 p.m., meet at the Dupont Metro's south exit) You won't even notice you're on your feet for two hours while you're gawking at some of the most glamorous buildings in the city.

**HISTORY BEFORE HISTORY: THE GEOLOGIC STORY OF WASHINGTON, D.C.:** (Sun., 1 p.m.-4 p.m., meet at 1845 Harvard St. NW) Ditch the heels, because this two-mile tour, led by a geology instructor, will take you from city streets into Rock Creek Park to examine stone outcroppings that hint at the days of the dinosaurs.

**WHY HAINES POINT? THE CREATION OF POTOMAC PARK BY BIKE:** (Sun., 1 p.m.-4 p.m., meet at the Thomas Jefferson Memorial Plaza by the Tidal Basin) If you aren't already taking advantage of the 700-acre park to get some exercise, maybe riding around and learning about its development will get you hooked. VICKY HALLETT (EXPRESS)

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| STUDIES

## Stethoscope

## Too Thin: Sadly, Still In

■ Those Chelsea boys are legendary for having bodies to die for, but it seems some gay men are making themselves sick in an attempt to get super-skinny. A survey of more than 500 New York City residents discovered that 15 percent of gay or bisexual men are suffering or recovering from eating disorders. Less than 5 percent of heterosexual guys showed symptoms of bulimia, anorexia or binge-eating disorder. Gay men may feel the same pressure to stay thin that afflicts women — who, by the way, suffer eating disorders whether they're straight or not.



## Dude, Cure Thyself

■ Real men don't go to the doctor. That's what some kids think, at least. A Johns Hopkins study of more than 1,500 teenage boys found that those who believed in traditional ideals of manhood were less likely to visit the doctor on a regular basis — it would be a sign of weakness. Apparently, real men don't get hepatitis and don't get tested for chlamydia. Also, a "real man" trying to perform open-heart surgery on himself would be the best YouTube video ever.

## Guns Do Kill People

■ States with the highest percentage of civilian gun ownership boast suicide rates double those of states where people own the fewest firearms, according to a new Harvard School of Public Health study published in the *Journal of Trauma*. Though only 5 percent of suicide attempts involve guns, those 5 percent are nearly always successful. Not surprisingly, the study authors recommended removing guns from one's household, especially if there is a teenager in the household.

# Super Sniffle Stoppers

Easy steps you can take to reduce the misery of allergy season

**It's starting! At this very moment, the trees around your home are mobilizing for their first major assault of the season. That's allergy season, those sneezy, itchy-eyed, congested months from early spring to late fall when trees, then grasses, and, finally, weeds bombard the air with pollen. If that weren't irritating enough, it's also the time of year when outdoor molds start to release airborne spores.**

The truth is, you can still venture outdoors and enjoy it, too. Here's how to stay outside, active and virtually symptom-free.

## The 'No Problem' Guide to Exercising

You breathe harder and suck in more air when you're exercising than when you're, say, lying on the couch. That's why it's particularly important to minimize your exposure to allergens when you work out outside. To minimize your exposure, exercise when and where pollen and mold levels are lowest. And ...

→ **BE FICKLE.** If you dabble in different types of exercise, stick with the one least likely to expose you to allergens — tennis on a cement court rather than golf, for instance, suggests Dr. Malcolm Blumenthal of the Asthma and Allergy Program at the University of Minnesota.

→ **BREATHE THROUGH YOUR NOSE,** which filters incoming air, helping keep allergens out.

→ **MEDICATE FIRST.** Using certain medications, such as cromolyn sodium

and antihistamines, before you exercise can ease symptoms.

→ **AVOID OUTDOOR CHEMICALS.** Steer clear of major highways and industries when you exercise. Chemical irritants from exhaust and factory smokestacks can worsen allergy symptoms, says Blumenthal. And avoid fireworks displays on the holidays; the sulfur in the gunpowder is irritating.

## Lighten Your Load

Your "allergenic load," that is. The more allergens you're exposed to at a given time, the higher your allergenic load, and the worse your symptoms are. If you're allergic to cats and dust mites in addition to pollen and mold, curling up on an overstuffed chair with Fluffy on a



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## Avoid fireworks on holidays; the sulfur in the gunpowder is irritating.

spring afternoon can make that load virtually unbearable.

## Dress for Success

→ Wear natural fibers rather than synthetics. When synthetics rub against one another, they create an electrical charge that attracts

pollen, which, as it turns out, is also electrically charged. Natural fibers such as cotton also breathe better, so they stay drier and less hospitable for moisture-loving mold.

## Wash off the Pests

While you're outside, pollen and mold spores can parachute onto your hair, eyebrows, eyelashes and skin. To give them the boot and minimize your exposure, do the following once you cross the threshold:

→ Wash your hands.

→ Rinse your eyes.

→ Shower (before bed, or right away if you've done yard work).

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## HYPOCHONDRIAC SPECIAL ►► MEET THE DISEASES!

## See Something Truly Sickening

■ The stars of "Bodies ... The Exhibition" are doubtlessly the 22 flayed, rubberized, athletically posed corpses, each a window into what makes humans tick. But if you're curious why the ticking stops, peer into the show's fleet of glass cases, where disease-ravaged organs sulk amid healthier body bits.

Marquee ailments — lung cancer, clogged arteries — get the most play. Thorough observers, however, will be treated to the profoundly uncomfortable-looking spine of a patient with ankylosing spondylitis, in which the vertebrae fuse into an immobile column. Lurking elsewhere is a soccer ball-sized teratoma — a tumor with hair, teeth and even an eye, which develops when reproductive cells go bad. "I had one of those removed," one visitor remarked far too casually.



A smoker's blackened lungs await you.

Near the exit — and watched over by a fellow stuck full of titanium pins — a lab-coated attendant will cheerfully offer you preserved brains, hearts and other organs to handle. (They feel kind of like less-squishy stress balls.) You can see only two at a time; if you want to caress slices of blighted liver or lung, just ask.

HOLLY J. MORRIS (EXPRESS)

*The Dome at Rosslyn, 1101 Wilson Blvd., Arlington; \$18-\$26.50, through Oct. 28; [bodiestickets.com](http://bodiestickets.com).*



# This Is Knot Fun at All

How to stay untangled when muscle cramps strike your body

**Oh, my aching ... fill in the blank. What causes the sudden, sharp pain of a cramp?**

A normal muscle contraction happens when the brain sends a signal to the muscle to release calcium. The calcium causes muscle proteins to rub together and shorten (contract) the muscle. "When the muscle is done contracting, it's supposed to relax and be prepared for the next contraction," says Dr. Stephen Rice, a sports medicine physician at Jersey Shore University Medical Center. But dehydration or fatigue can inhibit proper chemical bonding, getting in the way of muscle relaxation. "Then you start to get into the world of spasms," Rice says. Follow this expert advice to keep

your muscles kink-free.

## Menstrual Cramps

**THE CAUSE** The chemical prostaglandin, made by your body. It sends a message to your uterus to contract, which helps expel the lining.

**THE CURE** Take 400 to 600 milligrams of ibuprofen the day before your period starts. Also, some doctors believe that exercise can alleviate monthly cramps by increasing blood flow to the pelvic region, says Dr. Beth Rackow, professor of obstetrics and gynecology at Yale University.

## Neck Cramps

**THE CAUSE** Most likely your bed. Make sure you have a medium-firm pillow and a mattress that



provides proper support for your spinal cord.

**THE CURE** Try an OTC pain reliever such as aspirin. Marjorie Albohm, director of sports medicine at Indiana Orthopedic Hospital in Indianapolis, advises sleeping on your side to distribute your weight. A massage may help, because it increases blood supply to the area.

## Side Cramps

**THE CAUSE** A meal that was too big or a warm-up that was too short. "Food in your belly causes a push-pull between the stomach muscles and the muscles you're exercising," says Carol Espel of Equinox Fitness Clubs. And when you increase your heart rate fast, not gradually, you take shallow breaths. This stresses the diaphragm, the muscle that assists breathing, by keeping it extended.

**THE CURE** Take deep breaths and firmly push on the area, Albohm says. "Direct pressure forces the diaphragm to relax." (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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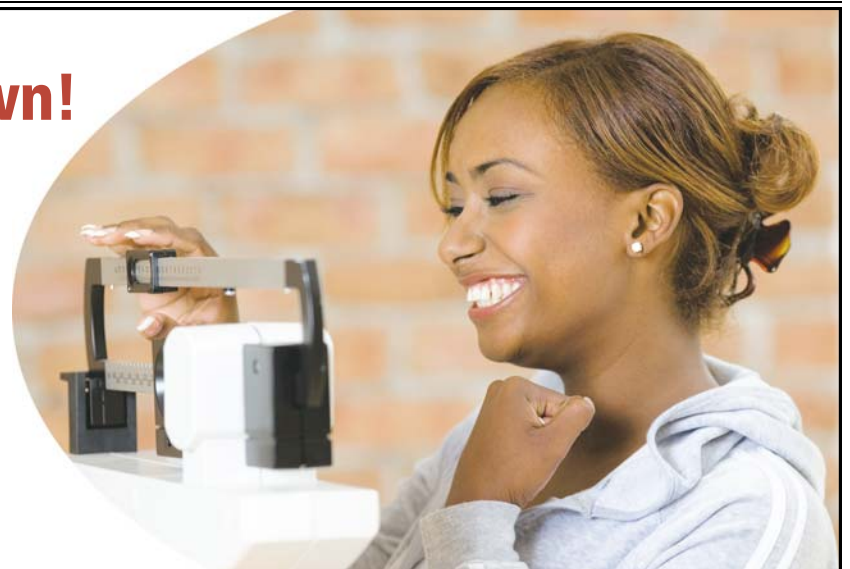
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# So, About Last Night ...

You partied your face off, and it shows — here's how to fix it up

**Don't recognize that nightmare in the mirror? Start by reviving your sorry-looking epidermis.**

Grab a cotton-and-silk Shiseido Bio-Performance Super Exfoliating Disc (\$64 for eight discs, Shiseido) and get buffing: It removes tired skin while boosting circulation. And next time, keep Pond's Clean Sweep Towelettes (\$6 for 30, Drugstore.com) handy to remove makeup before bed. Dab on Clinique Gel Blush (\$13 for 0.24 ounce, Clinique) so at least your complexion will look awake. What the Blue No. 7 Retro Ice Bag (\$12, Blue No. 7) does for headaches, the Talika Eye Decompress mask (\$25 for nine masks, skinterra.com) does for bags — makes them disappear.

Swipe an aloe-laced Bare Escentuals On the Spot eye makeup remover swab (\$5 for 24 swabs, Sephora) along your lash line to remove the sooty remnants of last night's mascara. To rehydrate and erase blotchiness, mix Benefit You Rebel tinted moisturizer (\$26 for 1.7 ounces, BenefitCosmetics) with Cosmedicine Primary Care Multi-Tasking Moisturizer SPF 20 (\$48 for 1.35 ounces, Cosmedicine).

The shortcut to bright eyes: a dot of Napoleon Perdis Auto Pilot eye cream and primer (\$60 for 15 milliliters, Saks Fifth Avenue) and your concealer followed by Victoria's Secret Very Sexy Sparkling White Eye Liner (\$10, Victoria's Secret). Finally, a quick touch of thickening Avon Superfull Mascara (\$9, Avon)



ISTOCK PHOTO

and sheer Aubrey Organics Natural Lips gloss (\$7 for 4 grams, Aubrey Organics) revives an exhausted complexion — even if you did watch the sun come up.

Finish by fixing up your locks. When you oversleep and shampooing isn't an option, fake a wash with the thyme-scented Philip Pelusi RefresHair (\$30 for 9 ounces, Philip Pelusi). The alcohol in Redken Workforce 09 Flexible Volumizing Spray (\$13 for 11 ounces, Redken) will boost limp, oily roots. Tame wild hairs with Dove Smooth & Soft Anti-Frizz Cream (\$4 for 4 ounces, Drugstore.com).

And if you slept in your contacts, you put yourself at risk for developing potentially blinding eye infections, so you're lucky you can see at all (even if you are bleary eyed). If the deed is done, take your lenses out for at least a day and use lubricating eye drops like Refresh Tears (\$10 for 0.5 ounce, drugstore.com). Visit your eye doctor if you have any pain. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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| THE EXPERTS

## ChewOnThis

## Snack Attack

**Q** Sometimes I don't have enough time (or energy!) to make a healthy dinner. Can I throw some snacks together and call it a meal?

**CHIPS AND DIP WON'T CUT IT,** but choose wisely and you'll have a nutritious, no-fuss dinner in a snap. Imagine dividing your plate into thirds — one for protein, one for whole grains and one for veggies and fruit. (If you're trying to lose weight, scale back on the protein and grains, and fill half your



plate with low-cal produce.) Try these quick fixes: low-fat yogurt and an apple; peanut butter on a whole-wheat English muffin with a side of pre-cut broccoli; or cheese and whole-grain crackers with carrot and celery sticks.

Another option — chill out. Take stock next time you're in the freezer aisle. You may be surprised to find healthy dinners that can be ready in minutes, such as black-bean burritos, soy ravioli and pre-cooked chicken strips.

**Kristen Ciuba, MS,** is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at [nutrition@readeexpress.com](mailto:nutrition@readeexpress.com)

# Extra-Virgin Territory

Olive oil is even better in your body than it is smeared on bread

**First, a simple request: Go into your kitchen right now and toss out all the butter, margarine, and corn and safflower oils into a large sack, and heave it into your annoying neighbor's yard. We'll wait here until you get back.**

There. You're healthier already, and you've put an enemy at risk.

Now, forswear those discarded fats and devote yourself to olive oil, just like Popeye did. Olive oil tastes better than the glop you just threw out, and, besides, it can depress bad cholesterol, clean your arteries and trim your waistline. And "extra-virgin" sounds a hell of a lot sexier than "oleomargarine."

## Know Your Virgins

You probably think this about virgins: Either you are or you aren't. True with high-school girls, but not olive oils, which have to be extra-virgin to be reliably virtuous. By some industry standards, the extras must have less than 1 percent acidity; virgins, less than 3 or 4 percent. And both extras and virgins will be only mechanically or physically processed, or "cold pressed," so they maintain their olive integrity. "Virgin" on the label also means the makers haven't cut the product with chemically processed oils — or 10W-40.

## Put It to Bed Properly

Store unopened bottles like you would store wine — at a cool temperature in a dark cupboard or closet; that should keep those antioxidants buff for at least a year. (But just in case, check the expiration



date, too.) Once opened, olive oil will last for up to three months if you give it the Martha Stewart treatment: chilly, dry and dark.

## Jiffy Lube Your Blood Vessels

Adults who downed five teaspoons of extra-virgin olive oil daily for a week not only lowered their LDL (bad) cholesterol, according to University of Barcelona researchers, but also showed less oxidation of LDL (which makes it truly badass,

artery-hardening, heart-stopping cholesterol), thanks to higher blood levels of olive-oil antioxidants.

## The Virgin Diet

Researchers at Brigham and Women's Hospital gathered 101 obese people, but not to poke fun. Half were put on a low-fat diet (20 percent of calories from fat). The other, happier half were put on a moderate fat (35 percent of calories from fat) diet, including daily servings of nuts and olive oil. The result:

Both groups lost roughly the same amount of weight, but the people who ate more of the right fats kept the weight off longer than the low-fat fannies.

Dr. Marshall Goldberg, an endocrinologist at Thomas Jefferson University Hospital, tells his patients to take two teaspoons of extra-virgin olive oil 20 minutes before meals to make them feel full and eat less. Dip a good, crusty bread into a dish of olive oil. A couple of dips should give you the required two teaspoons.

## Squirt Some On a Squeaky Joint

A diet rich in olive oil lowers your risk of developing rheumatoid arthritis, says a team of researchers at Harvard University and the University of Athens. Folks who consumed the least olive oil had a 2 1/2 times greater risk of developing the disease than those who consumed the most.

## Get to the Bottom of This

Olive oil appears to have a protective effect against cancers of the colon and rectum, according to a British study. A diet high in meat was associated with an increased incidence of these cancers, while one rich in olive oil was associated with a decreased incidence.

## Other Useful Uses

Wipe garden tools with a light coating of olive oil before putting them away; this prevents rust. Olive oil also quiets squeaky hinges.

JEFF COX (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

## Good-for-You Baked Goods

### ■ Banana Bran Muffins, makes 12

**INGREDIENTS:** 2 cups high-fiber cereal; 2 cups skim milk, hot; 3/4 cup all-purpose flour; 1 cup whole-wheat flour; 2 1/2 tsp. baking powder; 1/4 tsp. baking soda; 2 tsp. cinnamon; 1/4 tsp. nutmeg; 1/8 tsp. kosher salt; 1/4 cup molasses; 1 egg, lightly beaten; 1/4 cup canola oil; 1 tsp. vanilla; 2 bananas, mashed; 3/4 cup dried currants

**MAKING IT:** Preheat oven to 375 F. Spray 12 muffin cups with cooking spray. In a large bowl, combine the cereal and milk. Let stand, stirring occasionally, about 15 minutes. Meanwhile, in a medium bowl, combine flours, baking powder, baking soda, cinnamon, nutmeg and salt. Set aside. When the cereal mixture is ready, add



molasses, egg, oil, vanilla and bananas. Mix well. Add the cereal mixture to the dry ingredients and stir until the dry ingredients are moistened (batter will be lumpy). Add currants. Spoon the batter into muffin tins. Bake for 30 minutes, or until the tops of the muffins spring back when pressed. (AP)

**# PER MUFFIN: 224 calories, 6 g protein, 41 g carbs, 5 g fat (0 g saturated), 156 mg sodium, 6 g fiber**

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